Week-by-week Training Schedule

Week 1	
Monday	Jog for 15 mins
Tuesday	Jog for 15 mins
Wednesday	Jog for 10 mins, walk for 10 mins, jog for 5 mins
Thursday	Jog for 15 mins
Friday	Jog for 15 mins, walk for 5 mins, jog for 10 mins
Saturday	Rest day
Sunday	Jog for 20 mins

Week 2	
Monday	Jog for 15 mins
Tuesday	Jog for 20 mins
Wednesday	Jog for 15 mins, walk for 10 mins, jog for 10 mins
Thursday	Jog for 20 mins
Friday	Jog for 15 mins, walk for 5 mins, Jog for 15 mins
Saturday	Rest day
Sunday	Jog for 30 mins

Week 3	
Monday	Jog for 20 mins
Tuesday	Jog for 25 mins
Wednesday	Jog for 10 mins, run for 5 mins, Jog for 15 mins
Thursday	Jog for 25 mins
Friday	Jog for 15 mins, run for 8 mins, Jog for 15 mins
Saturday	Rest day
Sunday	Jog for 40 mins

Week 4	
Monday	Jog for 20 mins
Tuesday	Jog for 30 mins
Wednesday	Jog for 10 mins, run for 10 mins, walk for 5 mins, run for 5 mins, jog for 10 mins
Thursday	Jog for 25 mins
Friday	Jog for 15 mins, run for 10 mins, Jog for 20 mins
Saturday	Rest day
Sunday	Jog for 50 mins

Week 5	
Monday	Jog for 30 mins
Tuesday	Jog for 35 mins

Wednesday	Jog for 5 mins, run for 10 mins, jog for 5 mins, run for 5 mins, Jog for 15 mins
Thursday	Jog for 25 mins
Friday	Jog for 15 mins, run for 10 mins, walk for 5 mins, Jog for 15 mins, run for 10 mins, walk for 5 mins, Jog for 15 mins
Saturday	Rest day
Sunday	Jog for 60 mins

Week 6	
Monday	Jog for 40 mins
Tuesday	Jog for 40 mins
Wednesday	Jog for 5 mins, run for 10 mins, jog for 5 mins, run for 10 mins, Jog for 20 mins
Thursday	Jog for 30 mins
Friday	Jog for 10 mins, run for 10 mins, jog for 10 mins, run for 10 mins, Jog for 15 mins, run for 5 mins, Jog for 20 mins
Saturday	Rest day
Sunday	Jog for 70 mins

Week 7	
Monday	Jog for 40 mins
Tuesday	Jog for 45 mins
Wednesday	Jog for 5 mins, run for 15 mins, Jog for 15 mins, run for 10 mins, Jog for 20 mins, run for 5 mins, Jog for 15 mins
Thursday	Jog for 35 mins
Friday	Jog for 5 mins, run for 15 mins, Jog for 20 mins, run for 5 mins, jog for 10 mins, run for 5 mins, Jog for 20 mins
Saturday	Rest day
Sunday	Jog for 75 mins

Week 8	
Monday	Jog for 40 mins
Tuesday	Jog for 45 mins
Wednesday	Jog for 10 mins, run for 15 mins, Jog for 20 mins, run for 15 mins, walk for 5 mins, Jog for 25 mins
Thursday	Jog for 40 mins
Friday	Jog for 60 mins
Saturday	Rest day
Sunday	Jog for 20 mins, run for 15 mins, Jog for 15 mins, run for 10 mins, jog for 35 mins

Week 9	
Monday	Jog for 25 mins
Tuesday	Jog for 45 mins
Wednesday	Jog for 15 mins, run for 15 mins, Jog for 15 mins, run for 15 mins, walk for 5 mins, jog for 10 mins, run for 5 mins, Jog for 15 mins

Thursday	Jog for 25 mins
Friday	Jog for 70 mins
Saturday	Rest day
Sunday	Jog for 10 mins, run for 20 mins, walk for 10 mins, Jog for 25 mins, run for 10 mins, walk for 3 mins, Jog for 25 mins

Week 10	
Monday	Jog for 30 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 10 mins, run for 10 mins, Jog for 15 mins, run for 10 mins, Jog for 20 mins, run for 10 mins, walk for 3 mins, Jog for 25 mins
Thursday	Jog for 25 mins
Friday	Jog for 15 mins, run for 10 mins, jog for 45 mins
Saturday	Rest day
Sunday	Jog for 5 mins, run for 15 mins, walk for 3 mins, run for 5 mins, walk for 3 mins, jog for 60 mins

Week 11	
Monday	Jog for 25 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 20 mins, run for 20 mins, walk for 3 mins, run for 10 mins, walk for 3 mins, jog for 40 mins
Thursday	Jog for 25 mins
Friday	Jog for 10 mins, run for 10 mins, Jog for 20 mins, run for 5 mins, Jog for 20 mins
Saturday	Rest day
Sunday	Jog for 25 mins, run for 10 mins, Jog for 25 mins, run for 5 mins, jog for 35 mins, run for 10 mins, Jog for 30 mins, run for 5 mins, walk for 3 mins, Jog for 20 mins

Week 12	
Monday	Jog for 15 mins, walk for 5 mins, jog for 10 mins
Tuesday	Jog for 60 mins
Wednesday	Jog for 10 mins, run for 10 mins, Jog for 30 mins
Thursday	Jog for 30 mins
Friday	Jog for 15 mins
Saturday	Rest day
Sunday	Race – half marathon distance

Week 13	
Monday	If you raced on Sunday take a Rest day. If you didn't race, Jog for 30 mins.
Tuesday	Jog for 30 mins
Wednesday	Jog for 45 mins
Thursday	Jog for 30 mins
Friday	Jog for 60 mins

Saturday	Rest day
Sunday	Jog for 90 mins

Week 14	
Monday	Jog for 30 mins, walk for 5 mins, run for 10 mins, jog for 10 mins
Tuesday	Jog for 45 mins
Wednesday	Jog for 10 mins, run for 15 mins, Jog for 20 mins, run for 10 mins, Jog for 20 mins
Thursday	Jog for 30 mins
Friday	Jog for 10 mins, run for 10 mins, Jog for 30 mins, run for 15 mins, jog for 45 mins
Saturday	Walk for 15 mins
Sunday	Jog for 90 mins

Week 15	
Monday	Jog for 15 mins
Tuesday	Jog for 35 mins, run for 30 mins, Jog for 30 mins, walk for 10 mins
Wednesday	Jog for 15 mins
Thursday	Jog for 10 mins, run for 10 mins, jog for 40 mins, walk for 10 mins, jog for 5 mins, run for 5 mins, jog for 10 mins
Friday	Jog for 20 mins
Saturday	Jog for 10 mins, walk for 10 mins
Sunday	Jog for 10 mins, run for 10 mins, walk for 3 mins. Repeat 5 times so the workout totals 115 mins.

Week 16	
Monday	Jog for 20 mins
Tuesday	Jog for 40 mins
Wednesday	Jog for 20 mins, run for 15 mins, walk for 10 mins, run for 20 mins, Jog for 15 mins, run for 15 mins, walk for 5 mins, jog for 10 mins
Thursday	Jog for 20 mins, walk for 10 mins
Friday	Jog for 45 mins
Saturday	Rest day
Sunday	Jog for 20 mins, run for 10 mins, walk for 5 mins. Repeat 3 times.

Week 17	
Monday	Jog for 20 mins, walk for 10 mins
Tuesday	Jog for 40 mins
Wednesday	Jog for 5 mins, run for 15 mins, jog for 60 mins
Thursday	Jog for 30 mins
Friday	Jog for 60 mins
Saturday	Rest day
Sunday	Jog for 15 mins, run for 10 mins, jog for 100 mins

Week 18	

Monday	Rest day
Tuesday	Jog for 15 mins
Wednesday	Jog for 45 mins
Thursday	Jog for 60 mins
Friday	Jog for 30 mins
Saturday	Rest day
Sunday	Jog for 90 mins
Week 19	
Monday	Jog for 30 mins
Tuesday	Jog for 10 mins, run for 10 mins, Jog for 20 mins, run for 10 mins, jog for 60 mins
Wednesday	Jog for 45 mins
Thursday	Jog for 20 mins, run for 5 mins, jog for 35 mins
Friday	Jog for 60 mins
Saturday	Rest day
Sunday	Jog for 150 mins
Week 20	
Monday	Rest day
Tuesday	Jog for 15 mins, walk for 10 mins, jog for 10 mins
Wednesday	Jog for 60 mins
Thursday	Jog for 10 mins, run for 10 mins, jog for 10 mins. Repeat 3 times.
Friday	Jog for 30 mins, walk for 10 mins
Saturday	Rest day
Sunday	Jog for 60 mins
Week 21	
Monday	Jog for 45 mins
Tuesday	Jog for 10 mins, run for 10 mins, Jog for 25 mins
Wednesday	Jog for 10 mins, run for 10 mins, jog for 60 mins
Thursday	Jog for 5 mins, run for 5 mins, sprint for 30 secs, walk for 3 mins. Repeat 4 times.
Friday	Jog for 45 mins
Saturday	Rest day
Sunday	Jog for 60 mins, walk for 15 mins, jog for 60 mins, walk for 15 mins, Jog for 30 mins
Week 22	
Monday	Rest day
Tuesday	Jog for 30 mins
Wednesday	Jog for 30 mins
Thursday	Jog for 60 mins
Friday	Jog for 30 mins

Saturday	Rest day
Sunday	Jog for 10 mins, run for 10 mins, Jog for 15 mins, run for 15 mins, walk for 3 mins. Repeat 3 times.
Week 23	
Monday	Walk for 15 mins
Tuesday	Jog for 30 mins
Wednesday	Jog for 90 mins, run for 10 mins
Thursday	Jog for 60 mins
Friday	Jog for 30 mins
Saturday	Rest day
Sunday	Jog for 120 mins
Week 24	
Monday	Jog for 15 mins, walk for 5 mins, jog for 10 mins
Tuesday	Jog for 45 mins
Wednesday	Jog for 70 mins
Thursday	Jog for 15 mins, walk for 10 mins
Friday	Walk for 15 mins
Saturday	Rest day
Sunday	Race day