



Activeliving4all Coaching

Nutrition and Movement is life

Est. 2017

🏃🚀 Couch to 21km – Winter Build Program

For the Brave Beginners & Comeback Runners Ready to Level Up

So... you want to run a half marathon — but you're not quite sure *where* to start? Or maybe you're starting from zero, after a long break, or just trying to survive the cold, dark, biscuit-filled months of winter?

Here it is.

22 weeks of smart, progressive training that takes you from the couch (or close to it) to confidently lining up at your first (or first-in-a-while) **21km**.

📅 **Timeline: 22 Weeks to Half Marathon Ready**

Perfect build-up for races like **Winelands or Vlakke**,

🎯 **Who it's for:**

- Brand new runners who've never done a race before
- Walk/run warriors who want to transition to running consistently
- Anyone coming back after time off, injury, or life getting in the way
- Those who need structure, support, and a goal to keep winter training alive

🏃♀️ **What to expect:**

- Walk/run intervals to build endurance safely
- Gradual increases in distance – no sudden jumps
- Plenty of rest and recovery so your body can adapt
- this isn't about speed, it's about *finish lines*

We're not trying to win the race — we're trying to *finish it strong* (and maybe even smiling).

You'll get through cold mornings, surprise setbacks, and those "why am I doing this?" moments — and come out the other side as a half marathon runner.

This isn't just about race day.

It's about building confidence, consistency, and a mindset that says: *I can do this*.

Free Training Program Written for Cape Multisport Club 2025 by Activeliving4all Coaching©



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Stick with the plan. Trust the process. And let's prove what your body — and mind — can really do.

📅 22 -Week Program | Tick as you go!

🏃 Half Marathon Training Plan – 2025 Season

📅 **Dates: June to November** | Tick off as you go!

📌 *Designed for runners building toward Blouberg, Cape Town, Winelands, or Vlakte Marathons*

📄 *STR = Strength | XT = Cross-Training | Mobility = Activation & Recovery / E = Easy Run / H = Hills / RP = Race Pace / TP = Tempo / TR = Threshold*

Print it, tick it, and track your journey.

📌 **Stick it on the fridge like it's a school art project — and actually follow it this time!** 😊

Date	Week	<input checked="" type="checkbox"/> Mon	<input checked="" type="checkbox"/> Tue	<input checked="" type="checkbox"/> Wed	<input checked="" type="checkbox"/> Thu	<input checked="" type="checkbox"/> Fri	<input checked="" type="checkbox"/> Sat	<input checked="" type="checkbox"/> Sun
			30 mins		30 mins			1 hour Run/Walk
30-Jun-25	1	STR + Mobility	1min Run 2min Walk	30 min Walk	1min Run 2min Walk	XT + STR	REST	1 min Run 4 min Walk
			35 mins		35 mins			
07-Jul-25	2	STR + Mobility	1min Run 90 sec Walk	30 min Walk	1min Run 90 sec Walk	XT + STR	REST	1 hour Run/Walk 90 sec Run 3.5min Walk
			40 mins		40 mins			
14-Jul-25	3	STR + Mobility	1 min Run 1min Walk	30 min Walk	1min Run 1min Walk	XT + STR	REST	1 hour Walk 2 min Run 3 min Walk

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Date	Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
			45 mins		45 mins			
21-Jul-25	4	STR + Mobility	90 sec Run 2min walk	45 min Walk	90 sec Run 2min Walk	XT + STR	REST	1 1/4 hour Walk/Run 2.5 min Run 4 min Walk
			50 mins		50 mins			
28-Jul-25	5	STR + Mobility	90 sec Run 2min Walk	45 min Walk	90 sec Run 2min Walk	XT + STR	REST	1 1/4 hour Walk 3 min Run 4 min Walk
			55 mins		55 mins			
04-Aug-25	6	STR + Mobility	90 sec Run 2min Walk	45 min Walk	90 sec Run 2min Walk	XT + STR	REST	1 1/4 hour Walk 3.5min Run 4min Walk
			60 mins		60 mins			
11-Aug-25	7	STR + Mobility	2 min Run 2min Walk	60 min Walk	2 min Run 2min Walk	XT + STR	REST	10km 3 min Run 2 min Walk
			60 mins		60 mins			
18-Aug-25	8	STR + Mobility	2 min Run 2min Walk	60 min Walk	2 min Run 2min Walk	XT + STR	REST	10km 4 min Run 2 min Walk
			60 mins		60 mins			
25-Aug-25	9	STR + Mobility	3 min Run 2min Walk	60 min Walk	3 min Run 2min Walk	XT + STR	REST	12km 5 min Run 2min Walk

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01-Sept-25	10	STR + Mobility	60 mins 3 min Run 2min Walk	60 min Walk	60 mins 3 min Run 2min Walk	XT + STR	REST	12km 6 min Run 2min Walk
08-Sept-25	11	STR + Mobility	60 mins 4 min Run 2min Walk	60 min Walk	60 mins 4 min Run 2min Walk	XT + STR	REST	14km 7 min Run 2 min Walk
15-Sept-25	12	STR + Mobility	60 mins 4 min Run 2min Walk	60 min Walk	60 mins 4 min Run 2min Walk	XT + STR	REST	14km 8 min Run 2 min Walk
22-Sept-25	13	STR + Mobility	60 mins 4 min Run 2min Walk	60 min Walk	60 mins 4 min Run 2min Walk	XT + STR	REST	16km 9 min Run 2 min Walk
29-Sept-25	14	STR + Mobility	60 mins 5 min Run 2min Walk	60 min Walk	60 mins 5 min Run 2min Walk	XT + STR	REST	16km 9 min Run 1 min Walk
06-Oct-25	15	STR + Mobility	60 mins 5 min Run 2min Walk	60 min Walk	60 mins 5 min Run 2min Walk	XT + STR	REST	18km 9 min Run 1 min Walk
13-Oct-25	16	STR + Mobility	60 mins 6 min Run	60 min Walk	60 mins 6 min Run	XT + STR	REST	18km 9 min Run 1 min Walk

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Date	Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
			2min Walk		2min Walk			
20-Oct-25	17	STR + Mobility	60 mins 6 min Run	60 min Walk	60 mins 6 min Run	XT + STR	REST	20km 9 min Run 1 Min Walk
			2min Walk		2min Walk			
27-Oct-25	18	STR + Mobility	60 mins 7 min Run	60 min Walk	60 mins 7 min Run	XT + STR	REST	18km 9 min Run 1 Min Walk
			2min Walk		2min Walk			
03-Nov-25	19	STR + Mobility	60 mins 7 min Run	60 min Walk	60 mins 7 min Run	XT + STR	REST	15km 9 min Run 1 Min Walk
			2min Walk		2min Walk			
10-Nov-25	20	STR + Mobility	45 min 8 min Run	45 min Walk	45 mins 8 min Run	XT + STR	REST	10km 9 min Run 1 Min Walk
			2min Walk		2min Walk			
17-Nov-25	21	STR + Mobility	30 min 9 min Run	45min Walk	30 mins 9 min Run	XT + STR	REST	Vlakte Half Marathon OR 10km
			2min Walk		2min Walk			
24-Nov-25	22	STR + Mobility	30 min 9 min Run	45 min Walk	30 mins 9 min Run	XT + STR	REST	Winelands Half Marathon Or Easy 45 min
			2min Walk		2min Walk			

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