



# Activeliving4all Coaching

Nutrition and Movement is life

Est 2017

## Couch to 21km

*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

#### 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.

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



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This isn't just about race day.

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

**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 –

| ✅ Tick off as you go!

📌 *Designed for runners building toward Half 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!** 😊

Week	✅ Mon	✅ Tue	✅ Wed	✅ Thu	✅ Fri	✅ Sat	✅ Sun
1	STR + Mobility	30 mins 1min Run 2min Walk	30 min Walk	30 mins 1min Run 2min Walk	XT + STR	REST	1 hour Run/Walk 1 min Run 4 min Walk
2	STR + Mobility	35 mins 1min Run 90 sec Walk	30 min Walk	35 mins 1min Run 90 sec Walk	XT + STR	REST	1 hour Run/Walk 90 sec Run 3.5min Walk

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Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
3	STR + Mobility	40 mins 1 min Run 1min Walk	30 min Walk	40 mins 1min Run 1min Walk	XT + STR	REST	1 hour Walk 2 min Run 3 min Walk
4	STR + Mobility	45 mins 90 sec Run 2min walk	45 min Walk	45 mins 90 sec Run 2min Walk	XT + STR	REST	1 1/4 hour Walk/Run 2.5 min Run 4 min Walk
5	STR + Mobility	50 mins 90 sec Run 2min Walk	45 min Walk	50 mins 90 sec Run 2min Walk	XT + STR	REST	1 1/4 hour Walk 3 min Run 4 min Walk
6	STR + Mobility	55 mins 90 sec Run 2min Walk	45 min Walk	55 mins 90 sec Run 2min Walk	XT + STR	REST	1 1/4 hour Walk 3.5min Run 4min Walk
7	STR + Mobility	60 mins 2 min Run 2min Walk	60 min Walk	60 mins 2 min Run 2min Walk	XT + STR	REST	10km 3 min Run 2 min Walk
8	STR + Mobility	60 mins 2 min Run 2min Walk	60 min Walk	60 mins 2 min Run 2min Walk	XT + STR	REST	10km 4 min Run 2 min Walk

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Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
9	STR + Mobility	60 mins 3 min Run 2min Walk	60 min Walk	60 mins 3 min Run 2min Walk	XT + STR	REST	12km 5 min Run 2min Walk
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
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
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
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
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
15	STR + Mobility	60 mins 5 min Run	60 min Walk	60 mins 5 min Run	XT + STR	REST	18km 9 min Run 1 min Walk

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Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
		2min Walk		2min Walk			
16	STR + Mobility	60 mins 6 min Run 2min Walk	60 min Walk	60 mins 6 min Run 2min Walk	XT + STR	REST	18km 9 min Run 1 min Walk
17	STR + Mobility	60 mins 6 min Run 2min Walk	60 min Walk	60 mins 6 min Run 2min Walk	XT + STR	REST	20km 9 min Run 1 Min Walk
18	STR + Mobility	60 mins 7 min Run 2min Walk	60 min Walk	60 mins 7 min Run 2min Walk	XT + STR	REST	18km 9 min Run 1 Min Walk
19	STR + Mobility	60 mins 7 min Run 2min Walk	60 min Walk	60 mins 7 min Run 2min Walk	XT + STR	REST	15km 9 min Run 1 Min Walk
20	STR + Mobility	45 min 8 min Run 2min Walk	45 min Walk	45 mins 8 min Run 2min Walk	XT + STR	REST	10km 9 min Run 1 Min Walk
21	STR + Mobility	30 min 9 min Run 2min Walk	45min Walk	30 mins 9 min Run 2min Walk	XT + STR	REST	Half Marathon  OR 10km

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Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
22	STR + Mobility	30 min 9 min Run 2min Walk	45 min Walk	30 mins 9 min Run 2min Walk	XT + STR	REST	Half Marathon Or Easy 45 min

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[www.activeliving4allcoaching.com](http://www.activeliving4allcoaching.com) • [activeliving4all@gmail.com](mailto:activeliving4all@gmail.com) • 082-788-3560