



21 KM Half Marathon: 12-Week Training Plan

Yavatmal Health Marathon 2027 • 5th Edition • Sunday 3 January 2027

How this plan works

Who it is for: runners who can already run 5 km comfortably. New to running? Build a 5 km base first, then join at Week 1 or 2.

Goal: finish the 21.1 km Half Marathon strong. The longest run is 18 km in Week 10.

Calendar: Week 1 starts Monday 12 October 2026. Week 12 ends on race day, Sunday 3 January 2027. Starting earlier? Use 28 Sep–11 Oct for easy 20–30 minute jogs or walks, three days a week.

Day	What you do
Mon	Rest and 10 min mobility
Tue	Easy run, then a core routine
Wed	Strength routine (no run)
Thu	Quality run: intervals, tempo or race pace
Fri	Rest, or easy walk or cycle
Sat	Easy run, then a core routine
Sun	LONG RUN at easy pace

Effort	How it feels
Easy	Conversational. You can speak full sentences. Walk breaks are fine.
Tempo	Comfortably hard. You can say only a few words. Warm up and cool down 10 min easy.
Fast / hard	Strong but controlled, about 8 out of 10. Jog or walk fully between repeats.
Strides	20 seconds smooth and relaxed, with easy walking recovery.

12-week overview

Wk	Week of	Phase	Tue	Thu (quality)	Sat	Sun long	Total
1	12 Oct	Base	4 km	5 km: easy run + 4 strides	3 km	6 km	18 km
2	19 Oct	Base	5 km	5 km: 4 × 1 min fast, 2 min easy	4 km	8 km	22 km
3	26 Oct	Base	5 km	6 km: includes 15 min tempo	4 km	10 km	25 km
4	2 Nov	Base	4 km	5 km: easy run (recovery week)	3 km	8 km	20 km
5	9 Nov	Build	6 km	7 km: 5 × 3 min hard, 2 min jog	5 km	12 km	30 km
6	16 Nov	Build	6 km	8 km: includes 20 min tempo	5 km	14 km	33 km
7	23 Nov	Build	7 km	8 km: 6 × 800 m fast, 400 m jog	5 km	15 km	35 km
8	30 Nov	Build	5 km	6 km: easy run (recovery week)	4 km	10 km	25 km
9	7 Dec	Peak	7 km	9 km: includes 25 min tempo	6 km	16 km	38 km
10	14 Dec	Peak	7 km	9 km: 5 × 1 km hard, 2 min jog	5 km	18 km	39 km
11	21 Dec	Taper	6 km	7 km: 3 × 1.5 km at race pace (taper)	4 km	12 km	29 km
12	28 Dec	Race week	4 km	3 km very easy	3 km	RACE	10 km + race

Weeks 4 and 8 are recovery weeks. Do not add extra. If you miss a session, carry on with the current week and never double up. Pace the race by feel and start slower than goal pace for the first 2 km.

Core and strength routines

Do each exercise with good form. Rest 30–60 seconds between sets. Stop if you feel sharp pain. Use the routine letter shown in the daily plan.

Core routine A • Weeks 1–4 (Base)

Front plank 3 × 30 s

Dead bug 3 × 10 per side

Bird-dog 3 × 10 per side

Glute bridge 3 × 12

Side plank 2 × 20 s per side

Core routine B • Weeks 5–8 (Build)

Front plank 3 × 45 s

Bicycle crunch 3 × 16

Single-leg glute bridge 3 × 10 per side

Side plank 3 × 30 s per side

Mountain climbers 3 × 20

Superman 3 × 12

Core routine C • Weeks 9–10 (Peak)

Front plank 3 × 60 s

Hollow hold 3 × 20 s

Russian twist 3 × 20

Side plank with top-leg lift 3 × 10 per side

Reverse crunch 3 × 12

Plank shoulder tap 3 × 20

Core routine L • Week 11 (Taper, light)

Front plank 2 × 30 s

Dead bug 2 × 10 per side

Glute bridge 2 × 12

Strength routine A • Weeks 1–4 (Base)

Bodyweight squat 3 × 12

Reverse lunge 3 × 8 per leg

Glute bridge 3 × 12

Calf raise 3 × 15

Step-up (bench or stair) 3 × 8 per leg

Strength routine B • Weeks 5–8 (Build)

Tempo squat (3 s down) 3 × 15

Walking lunge 3 × 10 per leg

Single-leg glute bridge 3 × 10 per leg

Single-leg calf raise 3 × 10 per leg

Side-lying leg raise 3 × 12 per side

Strength routine C • Weeks 9–10 (Peak)

Split squat 3 × 10 per leg

Single-leg Romanian deadlift 3 × 8 per leg

Lateral step-up 3 × 10 per leg

Hip thrust 3 × 12

Slow calf raise 3 × 15

Strength routine L • Week 11 (Taper, light)

Bodyweight squat 2 × 12

Reverse lunge 2 × 8 per leg

Calf raise 2 × 15

Daily plan

Week 1 • week of 12 Oct • Base • 18 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	4 km easy run	Core routine A after the run (about 15 min).
Wed	No run	Strength routine A (about 30 min).
Thu	5 km: easy run + 4 strides	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	3 km easy run	Core routine A (about 15 min).
Sun	6 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Week 2 • week of 19 Oct • Base • 22 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	5 km easy run	Core routine A after the run (about 15 min).
Wed	No run	Strength routine A (about 30 min).
Thu	5 km: 4 × 1 min fast, 2 min easy (10 min easy warm-up and cool-down included)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	4 km easy run	Core routine A (about 15 min).
Sun	8 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Week 3 • week of 26 Oct • Base • 25 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	5 km easy run	Core routine A after the run (about 15 min).
Wed	No run	Strength routine A (about 30 min).
Thu	6 km: includes 15 min tempo (10 min easy warm-up and cool-down included)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	4 km easy run	Core routine A (about 15 min).
Sun	10 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Week 4 • week of 2 Nov • Base • 20 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	4 km easy run	Core routine A after the run (about 15 min).
Wed	No run	Strength routine A (about 30 min).
Thu	5 km: easy run (recovery week)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	3 km easy run	Core routine A (about 15 min).
Sun	8 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Recovery week: lighter on purpose. Do not add extra.

Week 5 • week of 9 Nov • Build • 30 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	6 km easy run	Core routine B after the run (about 15 min).
Wed	No run	Strength routine B (about 30 min).
Thu	7 km: 5 × 3 min hard, 2 min jog (10 min easy warm-up and cool-down included)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	5 km easy run	Core routine B (about 15 min).
Sun	12 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Week 6 • week of 16 Nov • Build • 33 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	6 km easy run	Core routine B after the run (about 15 min).
Wed	No run	Strength routine B (about 30 min).
Thu	8 km: includes 20 min tempo (10 min easy warm-up and cool-down included)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	5 km easy run	Core routine B (about 15 min).
Sun	14 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Week 7 • week of 23 Nov • Build • 35 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	7 km easy run	Core routine B after the run (about 15 min).
Wed	No run	Strength routine B (about 30 min).
Thu	8 km: 6 × 800 m fast, 400 m jog (10 min easy warm-up and cool-down included)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	5 km easy run	Core routine B (about 15 min).
Sun	15 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Week 8 • week of 30 Nov • Build • 25 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	5 km easy run	Core routine B after the run (about 15 min).
Wed	No run	Strength routine B (about 30 min).
Thu	6 km: easy run (recovery week)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	4 km easy run	Core routine B (about 15 min).
Sun	10 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Recovery week: lighter on purpose. Do not add extra.

Week 9 • week of 7 Dec • Peak • 38 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	7 km easy run	Core routine C after the run (about 15 min).
Wed	No run	Strength routine C (about 30 min).
Thu	9 km: includes 25 min tempo (10 min easy warm-up and cool-down included)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	6 km easy run	Core routine C (about 15 min).
Sun	16 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Week 10 • week of 14 Dec • Peak • 39 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	7 km easy run	Core routine C after the run (about 15 min).
Wed	No run	Strength routine C (about 30 min).
Thu	9 km: 5 × 1 km hard, 2 min jog (10 min easy warm-up and cool-down included)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	5 km easy run	Core routine C (about 15 min).
Sun	18 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Week 11 • week of 21 Dec • Taper • 29 km

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	6 km easy run	Core routine L after the run (about 15 min).
Wed	No run	Strength routine L (about 30 min).
Thu	7 km: 3 × 1.5 km at race pace (taper) (10 min easy warm-up and cool-down included)	10 min mobility after the run.
Fri	Rest, or 30 min easy walk or cycle	Foam-roll or stretch for 10 min. Early night.
Sat	4 km easy run	Core routine L (about 15 min).
Sun	12 km LONG RUN, easy and conversational	Walk 5 min, stretch, then carbs plus protein within 45 min.

Taper: volume drops so your legs are fresh on race day.

Week 12 • week of 28 Dec • Race week • 10 km + race

Day	Run	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	4 km easy run + 4 strides	Core routine (light) after the run, about 10 min.
Wed	No run	Light strength routine or 20 min mobility. Nothing new this week.
Thu	3 km very easy	10 min mobility. 21 KM runners: start adding carbs at meals.
Fri	Rest (or 15 min walk)	Carb-load day for 21 KM runners. Check kit, shoes and bib pins. Hydrate.
Sat	3 km easy shakeout, then collect your BIB	BIB collection: Nehru Stadium, 10 AM to 5 PM. Valid ID is mandatory. No bibs on race day. Lay out kit, sleep by 9:30 PM.
Sun	RACE DAY: 21.1 km Half Marathon	Report 5:00 AM, start 6:00 AM at Nehru Stadium. Start slower than goal pace for the first 2 km. Walk, drink and refuel after the finish.

Race week. Trust your training. Nothing new.

Register: <https://registration.eventforce.ai/event/80/yavatmal-health-marathon-2027-5th-edition>

Daily updates on WhatsApp: [Join the YHM WhatsApp group](#)

This is general guidance, not official YHM instructions or medical advice. If you have a medical condition, are new to exercise, or feel unwell, check with your doctor first. Official race information comes from the organisers.