











































Half Marathon Intermediate Training Plan

PHASE 1

Week	1	2	3	4
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	 3 miles easy	 4 miles easy	 5 miles easy	 5 miles easy
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	 4 miles easy	 4 miles easy	 1.5Mi warm up, (4 x 2)mins moderate run, 1.5Mi cool down run	 1.5Mi warm up, 20mins Fartlek, 1.5Mi cool down run
Friday	Optional:40mins Strength Training	Optional:40mins Strength Training	 4.5Mi Long Run	 8Mi steady run
Saturday	 Rest	 4Mi Long Run	 Rest	 Rest
Sunday	 7Mi Long Run	 8Mi Long Run	 9Mi Long Run	 10Mi Long Run

PHASE 2

Week	5	6	7	8
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	 5 miles easy	 6 miles easy	 6 miles easy	 6 miles easy
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	1Mi warm up, 20mins Fartlek, 1Mi cool down run	1Mi warm up, 30mins Fartlek, 1Mi cool down run	1.5Mi warm up, 20mins jog moderate pace, 1.5Mi cool down run	1Mi warm up, 30mins Fartlek run, 1Mi cool down run
Friday	1.5Mi warm up, 30mins half marathon pace, 1.5Mi cool down run	Optional:40mins Strength Training	Optional:40mins Strength Training	Optional:40mins Strength Training
Saturday	 4.5 miles easy	 Rest	 4.5Mi Long Run	 Rest
Sunday	 10Mi Long Run	 11Mi Long Run	 8Mi Long Run	 11Mi Long Run

PHASE 3

Week	9	10	11	12
Monday	 Rest	 Rest	 Rest	 Rest
Tuesday	 6 miles easy	 4 miles easy	 5 miles easy	 4 miles easy
Wednesday	 Rest	 Rest	 Rest	 Rest
Thursday	1.5Mi warm up, (6 X 4mins) uphill moderate pace, 1.5Mi cool down run	1.5Mi warm up, 40mins Fartlek run, 1.5Mi cool down run	1.5Mi warm up, 50mins uphill moderate pace, 1.5Mi cool down run	1Mi warm up, 8kms Fartlek run, 1Mi cool down run
Friday	 Rest	 Rest	 Rest	 Rest
Saturday	 3Mi Long Run	 5Mi Long Run	 5Mi Long Run	 30mins shake out run
Sunday	1Mi warm up, 10kms run, 1Mi cool down run	 12Mi Long Run	 10Mi Long Run	 HALF MARATHON!!!