

### Half Marathon Intermediate training plan – Approximately 2 hours

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest	30 mins Easy run	28 mins 6 mins Tempo run, 1 min easy run, Repeat 4 times	Rest	40 mins Cross Training	20 mins Interval: 10 x 1 min fast run, 1 min easy run,	Long Run 3 miles
Week 2	Rest	30 mins Easy Run	36mins 10 mins Tempo run, 2 mins easy run, Repeat 3 times	Rest	40 mins Cross Training	24 mins Interval: 8 x 1:30 mins hard, 1:30 mins easy	Long Run 5 miles
Week 3	Rest	30 mins Easy Run	40 mins progression Run	Rest	40 mins Cross Training	24:30 mins Interval: 7 x 2 mins fast run, 1:30 min easy run,	Long run 6 miles
Week 4	Rest	40 mins Easy Run	40 mins steady run	Rest	40 mins Cross Training	26:30 mins Interval: 6 x 3 mins fast run, 1:30 min easy run,	Long Run 6 miles
Week 5	Rest	40 mins Easy Run	45 mins Progression Run	Rest	40 mins Cross Training	30 mins Interval: 10 x 2 mins fast run, 1 min easy run,	Long Run 8 miles
Week 6	Rest	45 mins Easy Run	40 mins steady run	Rest	50 mins Cross Training	30 mins interval: 5 x 1k (90 sec recovery)	Long Run 8 miles
Week 7	Rest	45 mins Easy Run	40 mins Steady run	Rest	50 mins Cross Training	30 mins interval: 8 x 800m (75 secs recovery)	Long Run 6 miles
Week 8	Rest	50 mins Easy Run	50 mins Progression Run	Rest	60 mins Cross Training	30 mins interval: 8 x 400m (60 secs recovery)	Long Run 10 miles
Week 9	Rest	50 mins Easy Run	40 mins 15 mins tempo run, 5 mins easy, Repeat twice	Rest	50 mins Cross Training	30 mins Easy Run	Long Run 12 miles
Week 10	Rest	60 mins Easy Run	36mins 10 mins Tempo run, 2 mins easy	Rest	40 mins Cross Training	30 mins Easy Run	Long Run 12 miles

			run, Repeat 3 times				
Week 11	Rest	50 mins Easy Run	28 mins 6 mins Tempo run, 1 min easy run, Repeat 4 times	Rest	40 mins Cross Training	30 mins interval: 5 x 1k (90 sec recovery)	6 mile run race pace
Week 12	Rest	40 mins Easy Run	Rest	Rest	40 mins Easy Run	Rest	Half Marathon Race

**Tempo Run** – A faster paced workout described as ‘comfortably hard’.

**Easy Run** – 50%-75% of your usual training pace.

**Cross Train** – An alternative cardio workout eg. Cycling or swimming

**Fast Run** – A faster paced run that can not be sustained for more than a few minutes.

**Progression Run** – A structured run increasing in pace throughout the session from beginning to end.

**Hill Run** – Fast paced short burst up a hill with a steady incline.

**Interval Training** – Short high intensity workouts with low intensity rest periods combined between sets.