

# HALF MARATHON INTERMEDIATE

## - 12 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min easy jog	REST	25 min easy jog	REST	20 min easy jog	30 min easy jog

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min easy jog	REST	8 x 3 min (2 min rec. between reps)	REST	20 min easy jog	45 min easy jog

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	3x 3 min (90 sec. rec.) 4 x 2 min (60 sec rec.) 5x 1 min (30 sec rec)	20 min easy jog	REST	60 min easy jog

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy jog	REST	10 min – easy, 10 min steady, 10 min easy	30 min easy jog	REST	30 min easy jog

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	2 x 2 mile (2 min rec.)	REST	30 min easy jog	60 min easy jog

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	8 x 3 min (2 min rec.)	REST	30 min easy jog	60 min easy jog

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### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	8 min (2 min rec.), 6 min (2 min rec), 4 min (2 min rec), 6 min (2 min rec), 8 min	REST	30 min easy jog	80 min easy jog

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	30 min easy jog	REST	30 min easy jog	45 min easy jog

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	3 x10 min (2 min rec)	REST	30 min easy jog	90 min easy jog

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	4 x5 min (2 min rec)	REST	30 min easy jog	60 min easy jog

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	2x 3 min (90 sec. rec.) 3x 2 min (60 sec rec.) 5x 1 min (30 sec rec)	REST	30 min easy jog	45 min easy jog

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy jog	REST	20 min easy jog	REST	20 min easy jog	