



# HALF MARATHON INTERMEDIATE

## 12 WEEK TRAINING PROGRAMME

### 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	3 x 3 MIN (90 SEC. REC.) 4 x 2 MIN (60 SEC. REC.) 5 x 1 (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



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### 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

### 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.) 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



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### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	3 x 10 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 x 5 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	8 MIN (2 MIN REC.) 6 MIN (2 MIN REC.) 4 MIN (2 MIN REC.) 8 MIN	REST	30 MIN EASY JOG	80 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	