

HALF MARATHON INTERMEDIATE TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	30 MIN CROSS*	3 MILE RUN	4 MILE RUN	3 MILE RUN	REST	3 MILE RUN	4 MILE RUN
2	30 MIN CROSS*	3 MILE RUN	4 MILE RUN (RACE PACE)*	3 MILE RUN	REST	3 MILE RUN (RACE PACE)*	5 MILE RUN
3	40 MIN CROSS*	3.5 MILE RUN	5 MILE RUN	3.5 MILE RUN	REST	REST	6 MILE RUN
4	40 MIN CROSS*	3.5 MILE RUN	5 MILE RUN (RACE PACE)*	3.5 MILE RUN	REST	3 MILE RUN	7 MILE RUN
5	40 MIN CROSS*	4 MILE RUN	6 MILE RUN	4 MILE RUN	REST	3 MILE RUN (RACE PACE)*	8 MILE RUN
6	50 MIN CROSS*	4 MILE RUN	6 MILE RUN (RACE PACE)*	4 MILE RUN	REST OR EASY RUN	REST	5 KM RACE

*CROSS-TRAINING IDENTIFIED AS "CROSS" - AEROBIC EXERCISES WORK BEST. THIS COULD BE SWIMMING, CYCLING, WALKING OR EVEN SOME COMBINATION THAT COULD INCLUDE STRENGTH TRAINING.

**"RACE PACE" - THE PACE YOU HOPE TO RUN IN YOUR GOAL HALF MARATHON.

HALF MARATHON INTERMEDIATE TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	REST	4.5 MILE RUN	7 MILE RUN	4.5 MILE RUN	REST	4 MILE RUN (RACE PACE)*	9 MILE RUN
8	50 MIN CROSS*	4.5 MILE RUN	7 MILE RUN (RACE PACE)*	4.5 MILE RUN	REST	5 MILE RUN (RACE PACE)*	10 MILE RUN
9	60 MIN CROSS*	5 MILE RUN	8 MILE RUN	5 MILE RUN	REST OR EASY RUN	REST	10 KM RACE
10	REST	5 MILE RUN	8 MILE RUN (RACE PACE)*	5 MILE RUN	REST	5 MILE RUN (RACE PACE)*	11 MILE RUN
11	60 MIN CROSS*	5 MILE RUN	6 MILE RUN	4 MILE RUN	REST	3 MILE RUN (RACE PACE)*	12 MILE RUN
12	REST	4 MILE RUN	4 MILE RUN (RACE PACE)*	2 MILE RUN	REST	REST	HALF MARATHON

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