



## INTERMEDIATE PLAN FOR HALF MARATHON

WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Easy 2-3 mile jog/rest	Rest	Easy 2-3 mile jog	Rest/30mins X train	30-35 mins fartlek	Rest	3-4 miles jog
2	Easy 2-3 mile jog/rest	Rest	Easy 3-4 mile jog	Rest/30mins X train	35-40 mins fartlek	Rest	4-5 mile jog
3	Easy 3-4 mile jog/rest	Rest	Easy 4-5 mile jog with bursts	Rest/30mins X train	35-40 mins fartlek	Rest	6-7 mile jog
4	Easy 3-4 mile jog/rest	Rest	Easy 4-5 mile jog with bursts	Rest/30mins X train	45 mins fartlek	Rest	7-8 mile jog
5	Easy 4-5 mile jog/rest	Rest	Easy 4-5 mile jog/rest	Rest/45mins X train	3-4 miles easy jog	Rest	8-9 mile jog
6	Easy 4-5 mile jog/rest	Rest	Easy 4-5 mile jog (incl. Hills)	Rest/45mins X train	1kmfast,5mins walk(x4)	Rest	8-9 mile jog
7	Easy 4-5 mile jog/rest	Rest	Easy 4-5 mile jog (incl. Hills)	Rest/45mins X train	1kmfast,4mins walk(x5)	Rest	9-10 mile jog
8	Easy 4-5 mile jog/rest	Rest	Easy 5-6 mile jog (incl. Hills)	Rest/50-60mins X train	1kmfast,4-5mins walk(x5)	Rest	10-11 mile jog
9	Easy 4-5 mile jog/rest	Rest	Easy 5-6 mile jog (incl. Hills)	Rest/50-60mins X train	Easy 5-6 mile jog	Rest	11-12 mile jog
10	Easy 2-3 mile jog/rest	Rest	Easy 5-6 mile with bursts	Rest/50-60mins X train	1kmfast,3-4mins walk(x6)	Rest	12-13 mile jog
11	Easy 2-3 mile jog/rest	Rest	Easy 5-6 mile jog with bursts	Rest/30mins X train	1kmfast,3mins walk(x5)	Rest	6-8 mile jog @R.P.
12	Easy 2-3 mile jog/rest	Rest	Easy 3-4 mile jog/rest	Rest	Gentle 3-4 mile jog/rest	Rest	<b>RACE DAY!!</b>

**R.P. = Race Pace, X train = Cross training**