



INTERMEDIATE

HALF MARATHON TRAINING PLAN

	SUNDAY	MONDAY EASY DAY	TUESDAY WORKOUT DAY	WEDNESDAY EASY DAY	THURSDAY EASY DAY	FRIDAY REST OR OPTIONAL RUN	SATURDAY LONG RUN DAY	WEEKLY TOTAL TOTAL MILES
WEEK 1	REST	4 MILES	4 MILES	CROSS TRAIN	3 MILES	REST	5 MILES	16 MILES
WEEK 2	REST	4 MILES	5.5 MILES TEMPO	CROSS TRAIN	3 MILES	REST	6 MILES	18.5 MILES
WEEK 3	REST	4 MILES	2-6X 800M INTERVALS (6 MILES TOTAL)	CROSS TRAIN	3.5 MILES	REST	7 MILES Optional progression long run	20.5 MILES
WEEK 4	REST	3 MILES	3 MILES EASY	CROSS TRAIN	2 MILES	REST	5 MILES	13 MILES
WEEK 5	REST	5 MILES	6 MILE TEMPO	CROSS TRAIN	4 MILES	REST	8 MILES	23 MILES
WEEK 6	REST	5 MILES	2-4X1 MILES (7 MILES TOTAL)	CROSS TRAIN	4 MILES	REST	9 MILES	25 MILES
WEEK 7	REST	6 MILES	7 MILE TEMPO	CROSS TRAIN	4 MILES	REST	10 MILES Optional progression long run	27 MILES
WEEK 8 down week	REST	4 MILES	3 MILES EASY	CROSS TRAIN	3 MILES	REST	5 MILES	15 MILES
WEEK 9	REST	6 MILES	2X2 MILES (7 MILES TOTAL)	CROSS TRAIN	4 MILES	REST	10 MILES	27 MILES
WEEK 10	REST	6 MILES	8 MILE TEMPO	CROSS TRAIN	4 MILES	REST	12 MILES Optional progression long run	30 MILES
WEEK 11 taper begins	REST	4 MILES	2-3X 400M, (3 MILES) NOT ALL OUT	CROSS TRAIN	2 MILES	REST	6 MILES	15 MILES
WEEK 12 taper	REST	3 MILES	2 MILES, FINISH WITH 4-5 STRIDES	CROSS TRAIN	2 MILES	REST	13.1 MILES	20.1 MILES



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TEMPO

Run easy for 2 miles to warm up. Run 20-30 minutes at race pace. Run easy for 1 mile to cool down.

INTERVALS

Run easy for 10-15 minutes to warm up. Then do 2-4 sets of prescribed intervals. Run VERY easy for 400m between each. Cool down for 1 mile. On the repeats, you should run faster than your goal pace. You aren't going all out but it's harder than a tempo pace.

CROSS-TRAINING

This is a day to minimize impact on your body. Good options are cycling, elliptical, swimming, hiking or even a power walk.

LONG RUN

The goal here is just time on your feet. Speed does NOT matter. Run very easy. You should be able to speak in complete sentences.

FRIDAYS

If you want to increase your overall weekly mileage (and you're already running more than 20 miles a week before the plan), you could do the same mileage on Friday that is prescribed on Thursday or less – not more.

PROGRESSION

Finish the last 10-15 minutes at a medium-hard effort, running faster than your easy pace.

*A note about strength training: If you want to do strength training, it's best to do it the same day as your workout run, after you've finished your run. That allows your cross-training and easy days to be truly easy and allow your body to recover.