

## Half Marathon Training - Intermediate Program

This program assumes you have a goal in the half marathon running the entire time and perhaps within a specific time goal. Majority of the training is based on the number of minutes, not miles. Control your effort in a way to be able to complete each workout as prescribed. If you have a specific time goals then aim to run at least the second half of your long runs at this pace. No days are indicated for each individual workout, that is meant as a way for you to structure the week around your personal schedule. The only advice in this area would be to make sure the longest run and the speed session each week are separated by at least two days.

### **Week 1:** 5 training days

2x30 min easy jog

2x45 min jog

1x60 min jog

### **Week 2:** 5 training days (repeat of week 1)

2x30 min easy jog

2x45 min brisk walk/jog

1x60 min jog

### **Week 3:** 5 training days

3x45 min easy jog

1x 50 min (10 min warm up, 15 x 1 min run/1 min walk, 10 min cool down walk)

1x75 min jog with last 30 min at half marathon goal pace

### **Week 4:** 5 training days

3x45-50 min easy jog

1x55 min (10 min easy warm up, 4x5 min fast run with 5 min easy between, 10 min easy cool down)

1x90 min brisk jog

**Week 5:** 5 training days

3x45-50 min easy jog

1x50 min (10 min easy warm up, 8x2 min fast running, 2 min easy running recovery, 10 min easy cool down)

1x90 min jog with last 35 at goal half marathon pace

**Week 6:** 5 training days

3x45-50 min easy jog

1x10k time trial (find a track or area on the road where you can run this. Goal is to run as fast as you can (probably around half marathon goal pace for the 6 miles)

1x100 min brisk jog

**Week 7:** 5 training days

3x45-50 min easy jog

1x50 min(10 min easy warm up, 30 min half marathon goal pace, 10 min easy cool down)

1x100 min jog with last 45 min at half marathon goal pace

**Week 8:** 5 training days

3x45-50 min easy jog

1x10 mile easy run

1x30 min easy jog

**Week 9:** 5 training days

3x45-50 min easy jog

1x8 mile run at half marathon goal pace

1x30 min easy jog

**Week 10:** 5 training days

3x45-50 min easy jog

1x50 min (10 min easy warm up, 8x2 min fast running, 2 min easy running recovery, 10 min easy cool down)

1x90 min jog with last 35 at goal half marathon pace

**Week 11:** 5 training days

3x45-50 min easy jog

1x55 min (10 min easy warm up, 4x5 min fast run with 5 min easy between, 10 min easy cool down)

1x90 min brisk jog

**Week 12:** 4 training days

3x40 min easy jog

**½ marathon**