



HALF MARATHON

INTERMEDIATE TRAINING PLAN

12 - WEEK PROGRAM

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	MILES
1	OPT 3-5	3	10-20-10 FL	3	CT	REST	5	14-20
2	OPT 3-5	3 @ PACE	25 MIN TEMPO	3	CT	REST	6	14-20
3	OPT 3-5	4	10-25-10 FL	3	CT	REST	7	17-24
4	OPT 3-5	4 @ PACE	30 MIN TEMPO	3	CT	REST	5	14-20
5	OPT 3-5	5	10-30-10 FL	3	CT	REST	8	20-26
6	OPT 3-5	5 @ PACE	35 MIN TEMPO	3	CT	REST	9	20-26
7	OPT 3-5	6	10-35-10 FL	3	CT	REST	10	23-30
8	OPT 3-5	6 @ PACE	40 MIN TEMPO	3	CT	REST	6	18-24
9	OPT 3-5	7	10-35-10 FL	3	CT	REST	11	25-32
10	OPT 3-5	7 @ PACE	30 MIN TEMPO	3	CT	REST	12	24-30
11	OPT 3-5	5	10-20-10 FL	3	CT	REST	6	17-23
12	OPT 3-5	3-4 @ PACE	20 MIN TEMPO	REST	2-3 @ PACE	2-3	REST	8-17
	RACE DAY!							

WE HAVE GROUP RUNS ON SUNDAY, MONDAY AND WEDNESDAY THAT FIT THIS SCHEDULE NICELY, AS WELL AS PACED LONG RUNS ON SATURDAYS. YOU ARE ALSO WELCOME TO DROP IN ON OUR COACHED TUESDAY SPEED WORKOUTS FOR \$5 AND STRENGTH TRAINING CLASS ON THURSDAYS FOR \$12

KEY:

FL = FARTLEK. A RUN DURING WHICH YOU ALTERNATE BETWEEN FAST AND EASY PACES. WE SUGGEST A 1 MIN HARD, 2 MINS EASY REPEATED CYCLE, AS YOU GET STRONGER TRY WORKING UP TO 3 MINS HARD, 1 MIN EASY. THE FORMAT [5-15-5] MEANS 5-MINUTE WARM-UP JOG, THEN 15-MINUTE FARTLEK, THEN 5-MINUTE COOL DOWN JOG.

CT = CROSS TRAIN. HIT THE GYM, SWIM, CYCLE, ETC. ANYTHING TO GET YOUR HEART RATE UP WITHOUT RUNNING.

@ PACE = RUN AT THE PACE YOU HOPE TO RUN YOUR HALF MARATHON.

TEMPO = RUN WHERE YOU NEGATIVE SPLIT. AKA RUN EACH MILE FASTER THAN THE LAST.