

HALF MARATHON TRAINING PLAN INTERMEDIATE



WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	3-4 miles Steady	Rest	4 miles steady	Rest	3-4 miles fartlek	Rest	4-5 miles Steady
2	3-4 mile Steady	Rest	4 Mile steady	Rest	40 min Steady / walk	Rest	5-6 miles Steady
3	Rest	Rest	4 Mile fartlek	Rest	4-5 mile steady	Rest	6-7 miles Steady
4	Easy 3 miles / rest	Rest	4 Mile fartlek	Rest	3-4 miles tempo	Rest	6-7 mile Steady
5	Easy 3 miles / rest	Rest	4 Mile fartlek	Rest	4 mile tempo	Rest	7-8 miles steady
6	Easy 3 miles / rest	Rest	4 x 1 mile intervals	Rest	5 miles tempo	Rest	7-8 miles Steady
7	Rest	Rest	4 x 1 mile intervals	Rest	5 miles tempo	Rest	8 miles Steady
8	Easy 3 miles / rest	Rest	4 x 1 mile intervals	Rest	5-6 mile tempo	Rest	9-10 miles Steady
9	Easy 3 miles / rest	Rest	5 x 1 mile intervals	Rest	4-5 mile fartlek	Rest	9-10 miles steady
10	Easy 3-4 miles / rest	Rest	5 x 1 mile intervals	Rest	5-6 miles tempo	Rest	10-11 miles Steady
11	Easy 3 miles / rest	Rest	5-6 mile tempo	Rest	4 mile Tempo run	Rest	8-10 miles steady
12	Easy 3-4 miles / rest	rest	3-4 miles fartlek	Rest	3-4 mile tempo	Rest	RACE DAY

- See "The Training - Getting down to Business" chapter for explanation of terms
- Feel free to interchange "fartlek" sessions with "interval" sessions

Key points on how to use the Intermediate timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

TRAINING DIARY

DATE	DISTANCE RUN	NOTES

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