



HALF MARATHON INTERMEDIATE RUN TRAINING PLAN



IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M (EASY)	T	W (TEMPO)	T (EASY)	F	S	S
1	3 Miles	Cross train 30 - 40 Minutes	3 Miles	3 Miles	Cross train 30 - 40 Minutes	5 Miles	Rest
2	3 Miles	Cross train 30 - 40 Minutes	3 Miles	3 Miles	Cross train 30-40 Minutes	6 Miles	Rest
3	3 Miles	Cross train 30 - 40 Minutes	3 Miles	3 Miles	Cross train 30-40 Minutes	7 Miles	Rest
4	4 Miles	Cross train 30 - 40 Minutes	4 Miles	3 Miles	Cross train 30-40 Minutes	8 Miles	Rest
5	4 Miles	Cross train 30 - 40 Minutes	4 Miles	3 Miles	Cross train 30-40 Minutes	6 Miles	Rest
6	4 Miles	Cross train 30 - 40 Minutes	4 Miles	3 Miles	Cross train 30-40 Minutes	9 Miles	Rest
7	4 Miles	Cross train 30 - 40 Minutes	5 Miles	3 Miles	Cross train 45-50 Minutes	10 Miles	Rest
8	5 Miles	Cross train 30 - 40 Minutes	5 Miles	3 Miles	Cross train 45-50 Minutes	11 Miles	Rest





HALF MARATHON INTERMEDIATE RUN TRAINING PLAN



IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M	T	W	T	F	S	S
9	5 Miles	Cross train 30 - 40 Minutes	6 Miles	3 Miles	Cross train 45-50 Minutes	8 Miles	Rest
10	5 Miles	Cross train 35 - 45 Minutes	7 Miles	3 Miles	Cross train 45-50 Minutes	12 Miles	Rest
11	5 Miles	Cross train 35 - 45 Minutes	6 Miles	3 Miles	Cross train 45-50 Minutes	13 Miles	Rest
12	4 Miles	Cross train 35 - 45 Minutes	6 Miles	3 Miles	Cross train 45-50 Minutes	8 Miles	Rest
13	3 Miles	Cross train 35 - 45 Minutes	5 Miles	3 Miles	Cross train 45-50 Minutes	6 Miles	Rest
14	3 Miles	Cross train 30 Minutes	3 Miles	3 Miles	Rest	Rest	

**THIS TRAINING PLAN IS DESIGNED FOR INTERMEDIATE
RUNNERS PLANNING TO COMPLETE THE
HALF MARATHON ON MAY 28TH**