

INTERMEDIATE HALF MARATHON TRAINING



This programme is for runners who have already done a 5km, 10km or 10 mile race and would like to move up to the next distance, or improve an on an existing half-marathon time.

The programme uses long runs so you can cover the distance, plus tempo and speed work to increase your pace. The programme involves running four times a week on the following days: Tuesday, Wednesday, Friday and Sunday. You can train on different days, but you should keep the recommended number of rest days between training sessions.

Clothing

In this programme you will be setting off on some fairly long runs, so you may be running outside for longer than you have done before. Make sure that your clothing and shoes will keep you comfortable over the 12 weeks, particularly later in the programme when you will be doing the longer runs.

WEEEEK	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
DAY 5	30 minutes speed work	30 minutes speed work	30 minutes speed work	30 minutes speed work	30 minutes speed work	30 minutes speed work	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 MIN EASY
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	3 miles	5 miles	6 miles	6 miles	8 miles	8 miles	10 miles	6 miles	10 miles	12 miles	6 miles	8 miles