

HALF MARATHON INTERMEDIATE

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
12	rest	Fartlek - 2 x 5min, 2 x 4min, 2 x 3min, 2 x 2min w ith 90sec recoveries	Cross train or 30 - 40min easy	30 - 40min relaxed or steady	rest	Cross train or 20 - 25min relaxed	40 min long run
11	rest	Hills - min of 6 to max of 10 x 150 - 200m - very slow jog down recovery	Cross train or 30 - 40min easy	30 - 40min relaxed or steady	rest	Cross train or 20 - 25min relaxed	50 min long run
10	rest	Fartlek 3 sets of (6x30sec) recoveries start at 120sec and reduce by 15 sec each rep. rest 5min betw een sets	Cross train or 30 - 40min easy	30 - 40min relaxed or steady	rest	Cross train or 30 min relaxed	60 min long run
9	rest	3 x 750m, 2 x 500m, 2 x 250m w ith 90sec recoveries	Cross train or 40 - 50min easy	30 - 40min relaxed or steady	rest	Cross train or 30 min relaxed	1hr 10min long run
8	rest	5 x 800mw ith 2min recoveries	Cross train or 40 - 50min easy	30 - 40min relaxed or steady	rest	Cross train or 30 - 35 min relaxed	1hr 15min long run
7	rest	Hills - min of 8 to max of 12 x 150 - 200m - very slow jog down recovery	Cross train or 40 - 50min easy	30 - 40min relaxed or steady	rest	Cross train or 30 - 35min relaxed	1hr 20min long run
6	rest	Fartlek - 2 x 6min, 2 x 5min, 2 x 4min, 2 x 3min w ith 90sec recoveries	Cross train or 40 - 50min easy	30 - 40min relaxed or steady	rest	Cross train or 40min relaxed	1h 25min long run
5	rest	1000m, 800m, 600m, 400m, 200m w ith 90sec recoveries	Cross train or 50 - 60min med long	30 - 40min relaxed or steady	rest	Cross train or 40min relaxed	1h 30min long run
4	rest	6 x 400mw ith 90sec recoveries	Cross train or 50 - 60min med long	30 - 40min relaxed or steady	rest	Cross train or 45 - 50min relaxed	1h 40 min long run
3	rest	1min, 2min, 3min, 4min, 3min, 2min, 1min - half rep time recovery	Cross train or 50 - 60min med long	30 - 40min relaxed or steady	rest	Cross train or 45 - 50min relaxed	1hr 30 min long run
2	rest	4 x (800m + 200mw ith 1min recovery) rest 3min between sets	Cross train or 50min med long	30 - 40min relaxed or steady	rest	Cross train or 40min relaxed	60min medium long run
1	rest	1km time trial follow ed by 6 x 300m strides	Rest or easy 20min	20min + 5x200m strides	Rest or 20min light run	rest	Half Marathon