

Half Marathon Training Schedule - Intermediate

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<u>1</u>	Stretch & strength	3 m run	5 x 400	3 m run stretch & strength	Rest	3 m run	5 m run
<u>2</u>	Stretch & strength	3 m run	30 min tempo run	3 m run stretch & strength	Rest	3 m pace	6 m run
<u>3</u>	Stretch & strength	3.5 m run	6 x 400	3 m run stretch & strength	Rest or easy run	Rest	5-K Race
<u>4</u>	Stretch & strength	3.5 m run	35 min tempo run	3 m run stretch & strength	Rest	3 m run	7 m run
<u>5</u>	Stretch & strength	4 m run	7 x 400	3 m run stretch & strength	Rest	3 m pace	8 m run
<u>6</u>	Stretch & strength	4 m run	40 min tempo run	3 m run stretch & strength	Rest or easy run	Rest	10-K Race
<u>7</u>	Stretch & strength	4.5 m run	8 x 400	3 m run stretch & strength	Rest	4 m pace	9 m run
<u>8</u>	Stretch & strength	4.5 m run	40 min tempo run	3 m run stretch & strength	Rest	5 m pace	10 m run
<u>9</u>	Stretch & strength	5 m run	9 x 400	3 m run stretch & strength	Rest or easy run	Rest	15-K Race
<u>10</u>	Stretch & strength	5 m run	45 min tempo run	3 m run stretch & strength	Rest	5 m pace	11 m run
<u>11</u>	Stretch & strength	5 m run	10 x 400	3 m run stretch & strength	Rest	3 m pace	12 m run
<u>12</u>	Stretch & strength	4 m run	30 min tempo run	3 m run	Rest or easy run	Rest	Half Marathon