

Half Marathon Intermediate



Consider doing a 5K, 10K and 15K en route to your goal to get a feel for the racing experience.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	3-mile run	5 X 400	3-mile run	Rest	3-mile run	5-mile run
2	Rest	3-mile run	30 min. tempo	3-mile run	Rest	3-mile pace	6-mile run
3	Rest	3.5-mile run	6 X 400	3-mile run	Rest	Rest	5K Race
4	Rest	3.5-mile run	35 min. tempo	3-mile run	Rest	3-mile run	7-mile run
5	Rest	4-mile run	7 X 400	3-mile run	Rest	3-mile pace	8-mile run
6	Rest	4-mile run	40 min. tempo	3-mile run	Rest	Rest	10K Race
7	Rest	4.5-mile run	8 X 400	3-mile run	Rest	4-mile pace	9-mile run
8	Rest	4.5-mile run	40 min. tempo	3-mile run	Rest	5-mile pace	10-mile run
9	Rest	5-mile run	9 X 400	3-mile run	Rest	Rest	15K Race
10	Rest	5-mile run	45 min. tempo	3-mile run	Rest	5-mile pace	11-mile run
11	Rest	5-mile run	10 X 400	3-mile run	Rest	3-mile pace	12-mile run
12	Rest	3-mile run	5 X 400	3-mile run	Rest	Rest	Half Marathon