



Intermediate Half Marathon programme

This programme is for you if you've perviously done a half marathon, or regularly run longer distances for pleasure but would now like to improve on your time (Sub 2hrs for men & 2.15 for women). It's encompasses a combination of long runs and speed session to improve pace and hopefully, allowing you to reach your full potential.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training (biking, swimming, circuit class, or Boxercise etc.)	30 mins speed work (fartlek, hills, intervals etc.)	3 miles (5k) long run pace
WEEK 2	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross	30 mins speed work	5 mile (8k) long run
WEEK 3	REST	30 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	30 mins speed work	6 mile (10k) long run
WEEK 4	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	30 mins speed work	6 mile (10k) long run
WEEK 5	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	30 mins speed work	8 mile (13km) long run
WEEK 6	REST	45 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Cross Training	40 mins speed work	8 miles (13k) long run
WEEK 7	REST	45 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Cross Training	40 mins speed work	6 mile (10k) long run
WEEK 8	REST	50 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	60 mins Cross Training	40 mins speed work	10 miles (16k) long run

WEEK9	REST	50 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	50 mins Cross Training	40 mins speed work	12 miles (19k) long run
WEEK10	REST	60 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training (biking, swimming, circuit class, or Boxercise etc.)	40 mins speed work	12 miles (19k) long run
WEEK11	REST	50 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins Cross Training	40 mins speed work	6 miles (10k) long run
WEEK 12	REST	40 mins easy run	30 mins tempo (including 5 mins warm up and cool down)	REST	40 mins easy run or REST depending on how the body feels	REST	Race Day

IRUN.CYMRU

Running Log:

An opportunity for you to log progress over the duration of the training programme; recording successes will boost your confidence, whilst noting difficult sessions and why will allow you to develop in the future.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXAMPLE		<i>Tired today, completed session – pleased with that</i>	<i>Found I had lots of energy today</i>			<i>Ran with my social group today – was good to train with others</i>	<i>Hamstrings tight, nice to stretch</i>
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							RACE DAY!

IRUN.CYMRU