

# INTERMEDIATE HALF MARATHON PROGRAMME



This programme is for you if you've previously done a half marathon, or regularly run longer distances for pleasure but would now like to improve on your time (sub 2 hours for men & 2.15 for women). It encompasses a combination of long runs and speed sessions 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 Training	30 mins speed work	5 miles (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 miles (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 miles (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 miles (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 (13km) 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 miles (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