



HALF MARATHON INTERMEDIATE

12 WEEK TRAINING PROGRAMME

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 MIN EASY JOG	REST	25 MIN EASY JOG	REST	20 MIN EASY JOG	30 MIN EASY JOG

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 MIN EASY JOG	REST	8 x 3 MIN (2 MIN REC. BETWEEN REPS)	REST	20 MIN EASY JOG	45 MIN EASY JOG

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	3 x 3 MIN (90 SEC. REC.) 4 x 2 MIN (60 SEC. REC.) 5 x 1 (30 SEC. REC.)	20 MIN EASY JOG	REST	60 MIN EASY JOG

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 MIN EASY JOG	REST	10 MIN - EASY 10 MIN - STEADY 10 MIN - EASY	30 MIN EASY JOG	REST	30 MIN EASY JOG



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WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	2 x 2 MILE (2 MIN REC.)	REST	30 MIN EASY JOG	60 MIN EASY JOG

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	8 x 3 MIN (2 MIN REC.)	REST	30 MIN EASY JOG	60 MIN EASY JOG

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	8 MIN (2 MIN REC.) 6 MIN (2 MIN REC.) 4 MIN (2 MIN REC.) 8 MIN	REST	30 MIN EASY JOG	80 MIN EASY JOG

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	30 MIN EASY JOG	REST	30 MIN EASY JOG	45 MIN EASY JOG



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WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	3 x 10 MIN (2 MIN REC.)	REST	30 MIN EASY JOG	90 MIN EASY JOG

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	4 x 5 MIN (2 MIN REC.)	REST	30 MIN EASY JOG	60 MIN EASY JOG

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	8 MIN (2 MIN REC.) 6 MIN (2 MIN REC.) 4 MIN (2 MIN REC.) 8 MIN	REST	30 MIN EASY JOG	80 MIN EASY JOG

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 MIN EASY JOG	REST	20 MIN EASY JOG	REST	20 MIN EASY JOG	