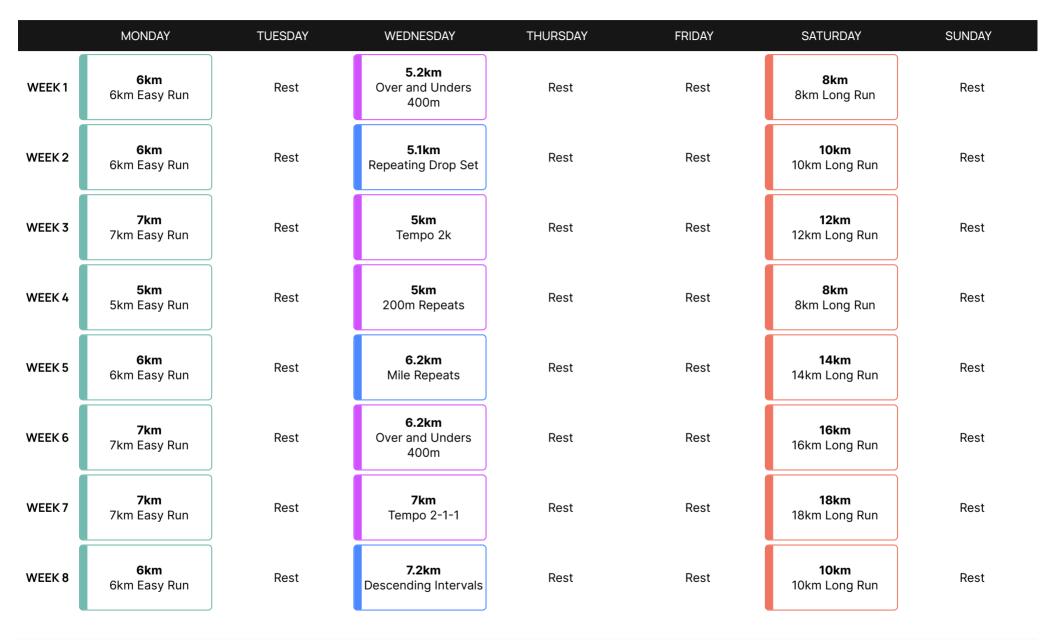
SAMPLE 12 WEEK HALF MARATHON PLAN for an intermediate runner, training 3 times per week





Use code THRESHOLD for free trial



Easy Run Intervals

Tempo

Long Run



SAMPLE 12 WEEK HALF MARATHON PLAN for an intermediate runner, training 3 times per week

Easy Run	Intervals	Tempo	Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	8km 8km Easy Run	Rest	8km Tempo 5k	Rest	Rest	18km 18km Long Run	Rest
WEEK 10	8km 8km Easy Run	Rest	9.5km Tempo 1200s	Rest	Rest	12km 12km Long Run	Rest
WEEK 11	9km 9km Easy Run	Rest	9km 800m into 400m Intervals	Rest	Rest	10km 10km Long Run	Rest
WEEK 12	Rest	Rest	8km Race Pace Practice K's	Rest	Rest	21.1km Half Marathon Race	Rest

