

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 1	6km 6km Easy Run	Rest	5.2km Over and Unders 400m	Rest	Rest	8km 8km Long Run	Rest
WEEK 2	6km 6km Easy Run	Rest	5.1km Repeating Drop Set	Rest	Rest	10km 10km Long Run	Rest
WEEK 3	7km 7km Easy Run	Rest	5km Tempo 2k	Rest	Rest	12km 12km Long Run	Rest
WEEK 4	5km 5km Easy Run	Rest	5km 200m Repeats	Rest	Rest	8km 8km Long Run	Rest
WEEK 5	6km 6km Easy Run	Rest	6.2km Mile Repeats	Rest	Rest	14km 14km Long Run	Rest
WEEK 6	7km 7km Easy Run	Rest	6.2km Over and Unders 400m	Rest	Rest	16km 16km Long Run	Rest
WEEK 7	7km 7km Easy Run	Rest	7km Tempo 2-1-1	Rest	Rest	18km 18km Long Run	Rest
WEEK 8	6km 6km Easy Run	Rest	7.2km Descending Intervals	Rest	Rest	10km 10km Long Run	Rest

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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



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Use code **THRESHOLD** for free trial

