

Intermediate Half Marathon Training Guide

also: stretching and core strength exercise on Monday and Friday

	mon	tue	wed	thu	fri	sat	sun
week 1	20 min jogging	35 min include 20 minute "up tempo"	20 min jogging	35 min steady	REST	60 min steady	20 min jogging
week 2	25 min jogging	40 min include 20 minute "up tempo"	25 min jogging	40 min jogging	REST	65 min steady	25 min jogging
week 3	30 min jogging	45 min include 20 minute "up tempo"	30 min jogging	45 min steady	REST	70 min steady	30 min jogging
week 4	35 min jogging	45 min include 20 minute "up tempo"	35 min jogging	50 min steady	REST	75 min steady	35 min jogging
week 5	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard, 90 sec job 2 min hard, 1 min jog 1 min hard – warm down	35 min jogging	55 min steady	REST	80 min steady	35 min jogging
week 6	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard, 90 sec job 2 min hard, 1 min jog 1 min hard – warm down	35 min jogging	60 min include 20 minute "up tempo"	REST	90 min steady	35 min jogging
week 7	REST	70 min steady	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard, 90 sec job 2 min hard, 1 min jog 1 min hard – warm down	35 min jogging	100 min steady	REST
week 8	40 min 2 min hard, 2 min jog, 3 min hard, 90 sec job 1 min hard, 1 min jog 1 min hard – warm down	35 min jogging – include 3 x 15 sec sprints	50 min steady	35 min jogging	30 min warm up – 90 sec hard, 45 sec easy x 5 – warm down	REST	5 x 3 min 2 min hard, 2 min jog, 3 min hard, 90 sec job 1 min hard, 1 min jog 1 min hard – warm down
week 9	35 min jogging	60 min steady	REST	REST	35 min jogging – include 4 x 30 sec sprints	60 min steady	35 min jogging – include 5 x 30 sec sprints
week 10	REST	35 min jogging – include 5 x 15 sec sprints	35 min jogging – include 2 x 15 sec sprints	15 min jogging	REST	15 min jogging, or complete rest	RACE

pace

jogging
steady
up tempo
hard
sprints

example

very light and conversation easy
you should be in control of your breathing and be able to just hold a conversation
conscious of your breathing and difficult to talk
breathing laboured and impossible to hold conversation
all outbursts