

Training Plans • Half Marathon Intermediate



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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8-9 miles. Long distance run at a conversational pace.	Rest day.	1x 1200M PI (400) 2x 800M CI (200) 4x 200M SI (200)	4 miles. Long distance run at a conversational pace.	2x 2miles PI (800) 4x 100M strides.	Rest day.	4 miles. Long distance run at a conversational pace. 4x 100M strides.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8-9 miles. Long distance run at a conversational pace.	Rest day.	1x 1200M PI (400) 2x 800M CI (200) 4x 200M SI (200)	4 miles. Long distance run at a conversational pace.	2x 2miles PI (800) 4x 100M strides.	Rest day.	4 miles. Long distance run at a conversational pace. 4x 100M strides.

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Week 1

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Week 3



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
6 miles. Long distance run at a conversational pace.	Rest day.	1x 1200M PI (400) 2x 800M CI (200) 4x 200M SI (200) Repeat.	2 miles. Long distance run at a conversational pace.	3 mile. Long distance run at a conversational pace. 4x 100M strides.	Rest day.	5K race. Long distance run at a conversational pace.

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Week 4



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	Rest day.	2x 1 mile CI (800) 6x 200M SI (200)	3-4 miles. Long distance run at a conversational pace.	4 mile PI (800) 1 mile CI 6x 100M strides.	Rest day.	5 miles. Long distance run at a conversational pace. 6x 100M strides.

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Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11 miles. Long distance run at a conversational pace.	Rest day.	2x 1 mile CI (800) 6x 200M SI (200)	3-4 miles. Long distance run at a conversational pace.	4 mile PI (800) 1 mile CI 6x 100M strides.	Rest day.	5 miles. Long distance run at a conversational pace. 6x 100M strides.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
8 miles. Long distance run at a conversational pace.	Rest day.	2x 800 SI (400) 2x 300 SI (200) 2x 200 SI (200) 2x 1200PI	Rest day.	4 miles. Long distance run at a conversational pace. 4x 100M strides.	Rest day.	10K race. Long distance run at a conversational pace.

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Week 7



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
11-12 miles. Long distance run at a conversational pace.	Rest day.	2x 1200 CI (600) 4x 100 SI (200) 4x 200 SI (100)	4 miles. Long distance run at a conversational pace.	4 miles PI (800) 1x 800 CI (400) 2 miles PI	Rest day.	6 miles. Long distance run at a conversational pace. 6x 100M strides

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
6 miles. Long distance run at a conversational pace.	Rest day.	2x 1200 CI (600) 4x 100 SI (200) 4x 200 SI (100)	4 miles. Long distance run at a conversational pace.	4 miles PI (800) 1x 800 CI (400) 2 miles PI	Rest day.	6 miles. Long distance run at a conversational pace. 6x 100M strides

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Taper - Optional 1

Taper



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Rest day.	4x 400 CI (200) 2x 200 SI (100)	2 miles PI 4x 100M strides	2x 300CI (200) 1x 200 SI	Rest day.	3 miles. Long distance run at a conversational pace.	Run your race!

Notes:
