



# RUNNING TO POWER HEART RESEARCH

## Half marathon training plan for intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	10 mins warm up, 5 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	40 mins easy effort run + stretch	45 mins steady effort run, push the effort to 85% on the hills if feeling OK + stretch	Rest	10 mins warm up, 3 x 4 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down	70 mins easy effort long run, off road if possible + stretch
2	Rest	10 mins warm up, 5 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	45 mins easy effort run + stretch	45 mins steady effort run, push the effort to 85% on the hills if feeling OK + stretch	Rest	10 mins warm up, 3 x 6 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down	80 mins easy effort long run, off road if possible + stretch
3	30 mins easy effort run + stretch	10 mins warm up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	40 mins easy effort run + 30 mins easy effort Cross Training + stretch	45 mins steady effort run, push the effort to 85% on the hills if feeling OK + stretch	Rest	10 mins warm up, 3 x 8 mins Kenyan Hills with 2 mins jog recovery between efforts, 10 mins cool down	90 mins easy effort long run, off road if possible + stretch

**FIGHT FOR EVERY HEARTBEAT**

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Rest or 30 mins Cross Training (focus on core/body exercises) + stretch	40 mins easy effort run + 30 mins easy effort Cross Training + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	45 mins steady effort run, push the effort to 85% on the hills if feeling OK + stretch	Rest	45 mins steady effort undulating run – push the effort on 4-5 hills to 90% effort + stretch	90 mins easy/steady effort long run with last 20 mins at Half Marathon effort + stretch
5	Stretch or Pilates	30 mins easy effort run + stretch	10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Rest	15 mins warm up, 5 x 3 mins at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	30 mins easy effort run + 30 mins easy effort Cross Training + stretch	105 mins easy/steady effort long run + stretch
6	Rest	40 mins easy effort run + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Rest	15 mins warm up, 5 x 3 mins at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	30 mins easy effort run + 30 mins easy effort Cross Training + stretch	120 mins easy/steady effort long run + stretch
7	Rest	40 mins easy effort run + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Rest	15 mins warm up, 5 x 3 mins at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	30 mins easy effort run + 30 mins easy effort Cross Training + stretch	90 mins easy/steady effort long run with last 20 mins at Half Marathon effort + stretch
8	Rest	30 mins easy effort run + 30 mins body/core exercises + stretch	10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	30 mins easy effort run + stretch	15 mins warm up, 5 x 3 mins at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	Rest	60 mins easy effort long run + stretch

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Rest Or Pilates/Yoga	45 mins run: 15 mins easy, 15 mins at Threshold effort, 15 mins easy + stretch	30 mins easy run + stretch	15 mins warm up, 5 x 2 mins at 10K effort with 60 secs jog recovery between efforts, 15 mins cool down	Rest	20 mins easy effort run + stretch	10K race or Time Trial
10	Rest	40 mins easy effort run + stretch	30 mins easy effort run + 30 mins body/core exercises + stretch	10 mins warm up, 4 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Rest	30 mins easy effort run + stretch	90 mins easy long run include last 40 mins at Half Marathon effort + stretch
11	Rest or Pilates/Yoga	30 mins easy effort run + 30 mins body/core exercises + stretch	10 mins warm up, 4 x 5 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	30 mins easy effort run + stretch	15 mins warm up, 5 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	Rest	70 mins easy long run include last 30 mins at Half Marathon effort + stretch
12	Rest	40 mins run: 15 mins easy, 10 mins at Threshold effort, 10 mins easy + stretch	Rest	30 mins easy effort run + stretch	Rest	20 mins easy effort run + stretch	<b>Half Marathon Race Day</b>

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