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## Half Marathon–Intermediate

Easy  
**Moderate**  
Hard



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  	40 mins easy effort run  	45 mins steady effort run, push the effort to 85% on the hills if feeling OK  	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  
2	Rest 	10 mins warm up, 5 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down  	45 mins easy effort run  	45 mins steady effort run, push the effort to 85% on the hills if feeling OK  	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  
3	30 mins easy effort run  	10 mins warm up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	40 mins easy effort run + 30 mins easy effort Cross-Training  	45 mins steady effort run, push the effort to 85% on the hills if feeling OK  	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  
4	Rest or 30 mins Cross-Training (focus on core/body exercises)  	10 mins warm up, 4 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down  	40 mins easy effort run + 30 mins easy effort Cross-Training  	45 mins steady effort run, push the effort to 85% on the hills if feeling OK  	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  

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# Running training plan:

## Half Marathon–Intermediate

Easy  
**Moderate**  
Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Stretch or Pilates 	30 mins easy effort run  	10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	Rest 	15 mins warm up, 5 x 3 mins at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down  	30 mins easy effort run + 30 mins easy effort Cross Training  	105 mins easy/ steady effort long run  
6	Rest 	40 mins easy effort run  	10 mins warm up, 4 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down  	Rest 	15 mins warm up, 5 x 3 mins at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down  	30 mins easy effort run + 30 mins easy effort Cross Training  	105 mins easy/ steady effort long run  
7	Rest 	40 mins easy effort run  	10 mins warm up, 4 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down  	Rest 	15 mins warm up, 5 x 3 mins at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down  	30 mins easy effort run + 30 mins easy effort Cross Training  	90 mins easy/ steady effort long run with last 20 mins at Half Marathon effort  
8	Rest 	30 mins easy effort run + 30 mins body/ core exercises  	10 mins warm up, 5 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	30 mins easy effort run  	15 mins warm up, 5 x 3 mins at 10K effort with 90 secs jog recovery between efforts, 15 mins cool down  	Rest 	60 mins easy effort long run  

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# Running training plan:

## Half Marathon–Intermediate

Easy  
**Moderate**  
Hard



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  	30 mins easy effort run  	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  	10K race or Time Trial 
10	Rest 	40 mins easy effort run  	30 mins easy effort run + 30 mins body/core exercises  	10 mins warm up, 4 x 8 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down  	Rest 	20 mins easy effort run  	90 mins easy long run include last 40 mins at Half Marathon effort  
11	Rest or Pilates/Yoga  	30 mins easy effort run + 30 mins body/core exercises  	10 mins warm up, 4 x 5 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down  	30 mins easy effort run  	15 mins warm up, 5 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down  	Rest 	70 mins easy long run include last 30 mins at Half Marathon effort  
12	Rest 	40 mins run: 15 mins easy, 10 mins at Threshold effort, 10 mins easy  	Rest 	30 mins easy effort run  	Rest 	20 mins easy effort run  	<b>Half Marathon Event!</b>

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