

Intermediate 8-Week Half Marathon Training Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	Run 30 mins	Run 40 mins	Run 20 mins, Interval, Max effort 90 sec, Walk 2 mins, Max effort 75 sec, Walk 1 min, Max effort 45 sec, Walk 3 mins, Repeat X 4, Run 15 mins	Run 30 mins	REST	Run 90 mins
2	Run 45 mins	Fartlek Running 60 mins	Run 10 mins, Slightly Faster Run 10 mins, Run 20 mins	Run 20 mins Interval: Max effort 90 sec, Walk 2 mins, Max effort 75 sec, Walk 1 min, Max effort 45 sec, Walk 3 mins, Repeat X4, Run 15 mins	Run 30 mins	REST	Run 100 mins
3	Run 30 mins	Run 50 mins	Run 25 mins	Run 20 mins, Interval Max effort 90 sec, Walk 2 mins, Max effort 75 sec, Walk 1 min, Max effort 45 sec, Walk 3 mins, Repeat X 2, Run 15 mins	Run 20 mins	REST	Run 120 mins
4	Run 30 mins	Run 40 mins	REST	Run 20 mins, Slightly Faster Run 10 mins	Run 15 mins	REST	10k RACE
5	REST	Run 30 mins	Run 15 mins, Slightly Faster Run 30 mins, Run 30 mins	Run 60 mins	Run 45 mins, Slightly Faster Run 10 mins, Run 10 mins	REST	Fartlek Running 90 mins
6	Run 15 mins, Slightly Faster Run 15 mins, Run 10 mins	Run 15 mins, Interval Max effort 60 sec, Walk 2 mins, Repeat X 8, Run 15 mins	Slightly Faster Run 30 mins	Fartlek Running 60 mins	Run 40 mins	REST	Run 120 mins
7	Slightly Faster Run 30 mins	Run 15 mins, Slightly Faster Run 30 mins, Run 20 mins	Run 15 mins, Interval Max effort 90 sec, Walk 3 mins Repeat X 3, Max effort 70 sec, Walk 3 mins, Repeat X 2 Max effort 50 sec, Walk 3 mins, Repeat X 2, Run 15 mins	Run 40 mins	Run 20 mins, Interval: Max effort 60 sec, Walk 2 mins Repeat X 8, Run 10 mins	REST	Run 130 mins
8	Run 30 mins	Run 15 mins Interval: Max effort 70 sec, Walk 2 mins, Max effort 60 sec, Walk 2 mins, Max effort 50 sec, Walk 2 mins, Max effort 40 sec, Walk 2 mins, Repeat X 4, Run 10 min	Run 30 mins	Slightly Faster 45 mins	REST	REST	HALF MARATHON RACE