

Intermediate 8-Week Half Marathon Training Plan

Training Programme Key:

Type	Description
Jog	Slow Run
Run	A pace at which you can maintain conversation
Faster Run	More difficult to maintain conversation
Fartlek	Continuous running at alternating speeds.

It should be noted that the 'Beginners' training plan has not been designed for a person brand new to running; it is not a 'couch to start-line' guide. Rather, it should be seen as the final eight-weeks of a beginner's training towards their first half-marathon – with preferably a minimum of twelve-months prior training leading up to it.

If, say, the Week One regime looks too demanding, then you're probably not at the stage where a half-marathon in two-months time is going to be a realistic goal. And that said, as the weeks pass by you can implement the training plan in two ways: primarily as a means of adding those finishing touches to the development of your fitness for the event, and secondly as a measure of how prepared you are to participate.

Likewise, the Intermediate and Advanced programmes should be seen as the final phase of training and not a 'quick-fix' guide for those who've been putting their running off, or who have been out due to injury.

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 Run 45 mins	REST	REST	HALF MARATHON RACE