



## Intermediate Half-Marathon Training Plan

Weeks Out from Race	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total
12	Off or easy cross-train	4-5 miles w/ 4 strides	3-4 miles easy	5 miles w/ 1.5 miles comfortably fast	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	8-10 miles easy	25-28 miles
11	Off or easy cross-train	4-5 miles w/ 6 strides	3-4 miles easy	6 miles w/ 4 slightly faster	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	9-11 miles easy	27-30 miles
10	2-3 miles easy	4-5 miles w/ 8 strides	3-4 miles easy	6 miles w/ 3 x 1 mile comfortably fast, 1 minute easy	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	10-13 miles easy	30-35 miles
9	Off or easy cross-train	4 miles w/ 10 x 1 minute fast, 3 minutes easy	3-4 miles easy	3-4 miles easy	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	8-10 miles easy w/ 1.5 miles in the middle comfortably fast	23-26 miles
8	3-4 miles easy	4-5 miles w/ 8 strides	3-4 miles easy	6 miles w/ 3 miles comfortably fast	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	11-14 miles easy	31-36 miles
7	3-4 miles easy	4-5 miles w/ 10 strides	3-4 miles easy	6 miles w/ 5 x 3 minutes fast cruise, 3 minutes comfortably fast	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	13-16 miles easy	34-39 miles
6	Off or easy cross-train	4-5 miles w/ 6-8 x 90 seconds fast, 90 seconds easy	3-4 miles easy	3-4 miles easy	Off or easy cross-train	2-3 miles easy w/ 2 strides	5K tune-up race w/ 1-mile warm-up, 3-mile cooldown	20-23 miles
5	3-4 miles easy	4-5 miles w/ 10 strides	3-4 miles easy	7 miles w/ 5 slightly faster	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	13-16 w/ last 2 miles faster (aim for projected half-marathon pace)	35-40 miles
4	3-4 miles easy	4-5 miles w/ 10 strides	3-4 miles easy	8 miles w/ 1 mile easy, 1.5 miles comfortably fast, 4 miles easy, 1.5 miles comfortably fast	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	8-10 miles w/ middle 2 miles comfortably fast	30-35 miles
3	3-4 miles easy	4 miles w/ 3 x 3 minutes fast, 3 minutes easy + 3 x 1 minute fast, 1 minute easy	3-4 miles easy	6 miles w/ last 3 miles progressively faster	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	12-14 miles w/ last 3 faster (aim for projected half-marathon pace)	32-36 miles
2	Off or easy cross-train	4-5 miles w/ 10 strides	Off or easy cross-train	8 miles w/ 6 miles faster (aim for projected half-marathon pace)	Off or easy cross-train	3-4 miles easy w/ 2-4 strides	8-10 w/ last 1 mile comfortably fast	24-27 miles
1	Off or easy cross-train	4-5 miles w/ 10 strides	3-4 miles easy	Off or 2-3 miles easy	Off or easy cross-train	1-2 miles easy w/ 2 strides	<b>Race: 13.1</b>	