



# HALF MARATHON TRAINING - INTERMEDIATE 12 WEEK PLAN

## HOW TO USE THIS PLAN

Each week contains seven daily bullets. Do the runs in order adding in rest and crosstraining as desired. We suggest shorter runs Monday, Tuesday, and Thursday with crosstraining on Wednesdays. Use the weekends for a long run and rest. Crosstraining options include: swimming, walking, cycling, or core work. HR/PE = Heart rate / perceived exertion.

### AUGUST 14 - 20

1

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 6 x 90 second Hill repeats at 80-85% HR/PE, recovery downhill at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - 30 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 6 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

### AUGUST 21 - 27

2

- Run 1 - 40 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 12 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 35 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 7 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

### AUGUST 28 - SEPTEMBER 3

3

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 8 x 90 second Hill Repeats at 80-85% HR/PE, recovery downhill at 60-75% HR/PE. Run 5:00 easy cool down.
- Run 3 - 40 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 8 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

### SEPTEMBER 4 - 10

4

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 10 minutes warm up at 60-70% HR/PE. Run 16 x 1 minute at 80-85% followed by 1:00 recovery jogs at 60-70% HR/PE. Run 5:00 easy cool down.
- Run 3 - 45 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 9 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

# HALF MARATHON TRAINING - INTERMEDIATE 12 WEEK PLAN

# 5

## SEPTEMBER 11 - 17

- Run 1 - 50 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 10 x 400 at 80-85% HR/PE. Walk / jog 2:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 45 minutes at 60-70% HR/PE
- Run 4 - Long Run Down Week: Run 2 miles at 60-70% HR/PE. Run 4 Mile Tempo at 80% HR/PE. Run 2 mile at 60-75% HR/PE
- 2 Crosstrain days
- 1 Rest day

# 6

## SEPTEMBER 18 - 24

- Run 1 - 50 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 5 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 50 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 10 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

**YOU CAN DO THIS!  
YOU'RE HALFWAY THERE!**

# 7

## SEPTEMBER 25 - OCTOBER 1

- Run 1 - 55 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 3 x 1 mile at 80-85% HR/PE. Walk / Jog 3:00 recovery between. Run 1 mile cool down
- Run 3 - 50 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 11 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

# 8

## OCTOBER 2 - 8

- Run 1 - 55 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 6 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 55 minutes at 60-70% HR/PE
- Run 4 - Long Run Down Week: Run 2 miles at 60-70% HR/PE. Run 5 Mile Tempo at 80% HR/PE. Run 2 miles at 60-75% HR/PE
- 2 Crosstrain days
- 1 Rest day

# HALF MARATHON TRAINING - INTERMEDIATE 12 WEEK PLAN

# 9

## OCTOBER 9 - 15

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 4 x 1 mile at 80-85% HR/PE. Walk / Jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - 55 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 12 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest day

# 10

## OCTOBER 16 - 22

- Run 1 - 1 hour at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 8 x 800 at 80-85% HR/PE. Walk / jog 3:00 recoveries between each repeat. Run 1 mile cool down.
- Run 3 - 1 hour at 60-70% HR/PE
- Run 4 - Long Run: Run 13 Miles at 65-75% HR/PE.
- 2 Crosstrain days
- 1 Rest day

# 11

## OCTOBER 23 - 29

- Run 1 - 45 minutes at 60-70% HR/PE
- Run 2 - 1.5 mile warm up at 60-70% HR/PE. Run 5 x 1 mile at 80-85% HR/PE. Walk / jog 3:00 recovery between. Run 1 mile cool down.
- Run 3 - 45 minutes at 60-70% HR/PE
- Run 4 - Long Run: Run 8 miles at 60-70% HR/PE
- 2 Crosstrain days
- 1 Rest days

# 12

## RACE WEEK

- Run 1 - Monday - 30 minutes at 60-70% HR/PE
- Rest Day Tuesday
- Run 2 - Wednesday - 10 minutes warm up at 60-70% HR/PE. Run 8 x 1 minute at 75-80% HR/PE followed by 1:00 recovery jogs at 60-75% HR/PE. Run 5:00 easy cool down
- Rest day Thursday
- Run 3 - Friday - 20 minutes at 60-70% HR/PE
- Training Complete! Saturday is Race Day!!

