

BUPA 13.1 MILE (HALF MARATHON) TRAINING PROGRAMME - INTERMEDIATE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11 (TAPER)	WEEK 12
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	30 minutes easy	30 minutes easy	30 minutes easy	40 minutes easy	40 minutes easy	45 minutes easy	45 minutes easy	50 minutes easy	50 minutes easy	60 minutes easy	50 minutes easy	40 minutes easy
DAY 3	30 minutes tempo	40 minutes tempo	45 minutes tempo	45 minutes tempo	45 minutes tempo	50 minutes tempo	50 minutes tempo	60 minutes tempo	50 minutes tempo	60 minutes tempo	45 minutes tempo	40 minutes tempo
DAY 4	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 5	30 minutes speed work	30 minutes speed work	30 minutes speed work	30 minutes speed	30 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes speed	40 minutes easy
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	3 miles	5 miles	6 miles	6 miles. Record your time here: Minutes per mile:	8 miles. Record your time here: Minutes per mile:	8 miles. Record your time here: Minutes per mile:	6 miles. Record your time here: Minutes per mile:	10 miles. Record your time here: Minutes per mile:	12 miles. Record your time here: Minutes per mile:	12 miles. Record your time here: Minutes per mile:	6 miles at race pace. Record your time here: Minutes per mile:	Race day

For expert advice on your running visit www.buparunning.co.uk

Follow us by searching 'Bupa Running' at

