



Intermediate half marathon programme

This programme is for runners who have already done a 5km, 10km or 10 mile race and would like to move up to the next distance, or improve on an existing half marathon time. The programme uses long runs so you can cover the distance, plus tempo and speed work to increase your pace.

One mile is equivalent to 1.6km. For this training programme, distances in km have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	40 mins cross training	30 mins speed work	3 miles (5km) long run
Week 2	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	40 mins cross training	30 mins speed work	5 miles (8km) long run
Week 3	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	40 mins cross training	30 mins speed work	6 miles (10km) long run
Week 4	Rest	40 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	40 mins cross training	30 mins speed work	6 miles (10km) long run
Week 5	Rest	40 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	40 mins cross training	30 mins speed work	8 miles (13km) long run
Week 6	Rest	45 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	50 mins cross training	40 mins speed work	8 miles (13km) long run
Week 7	Rest	45 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	50 mins cross training	40 mins speed work	6 miles (10km) long run
Week 8	Rest	50 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	60 mins cross training	40 mins speed work	10 miles (16km) long run

Continued on next page

