

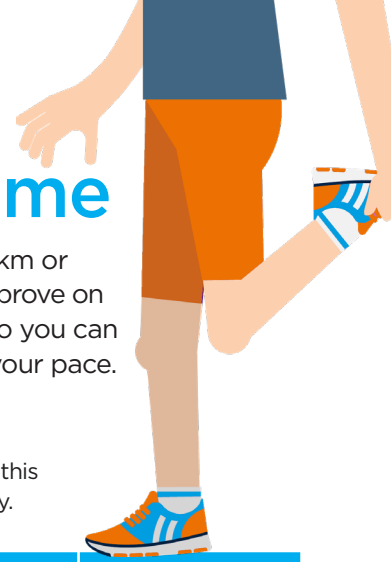


# Intermediate half marathon programme

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 interval running to increase your pace.

Use this alongside our half marathon training webpage: [bupa.co.uk/half-marathon-plan](https://bupa.co.uk/half-marathon-plan).

The effort levels described here correspond to the 'Activity' column. One mile is equivalent to 1.6km. For this training programme, where distances are specified, we've rounded them to the nearest mile for simplicity.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	30 mins easy	30 mins tempo	Rest	40 mins cross training	30 mins interval running	Long run: 3 miles
Week 2	Rest	30 mins easy	30 mins tempo	Rest	40 mins cross training	30 mins interval running	Long run: 5 miles
Week 3	Rest	30 mins easy	30 mins tempo	Rest	40 mins cross training	30 mins interval running	Long run: 6 miles
Week 4	Rest	40 mins easy	30 mins tempo	Rest	40 mins cross training	30 mins interval running	Long run: 6 miles
Week 5	Rest	40 mins easy	30 mins tempo	Rest	40 mins cross training	30 mins interval running	Long run: 8 miles
Week 6	Rest	45 mins easy	30 mins tempo	Rest	50 mins cross training	40 mins interval running	Long run: 8 miles
Week 7	Rest	45 mins easy	30 mins tempo	Rest	50 mins cross training	40 mins interval running	Long run: 6 miles
Week 8	Rest	50 mins easy	30 mins tempo	Rest	60 mins cross training	40 mins interval running	Long run: 10 miles
Week 9	Rest	50 mins easy	30 mins tempo	Rest	50 mins cross training	40 mins interval running	Long run: 12 miles
Week 10	Rest	60 mins easy	30 mins tempo	Rest	40 mins cross training	40 mins interval running	Long run: 12 miles
Week 11	Rest	50 mins easy	30 mins tempo	Rest	40 mins cross training	40 mins interval running	Long run: 6 miles at race pace
Week 12	Rest	40 mins easy	30 mins tempo	Rest	40 mins easy	Rest	<b>RACE</b>

