

## HALF-MARATHON INTERMEDIATE TRAINING PROGRAM

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Run [fartlek] - 10km fartlek including 6x (2mins at 5km pace / 30secs easy recovery / 1min at 5km pace / 30secs easy recovery)	Cross training	Run [tempo] - 10km including 4x (4min tempo / 3min recovery)	Rest	Run [long run] - 60mins	Cross training or easy 6-8km run
2	Rest	Run [fartlek] - 10km fartlek including 2 sets of 8x (200m at 5km pace / 200m recovery)	Cross training	Run [tempo/strength] - 10km including 5x (3mins hill climb / 2mins recovery)	Rest	Run [long run] - 65mins	Cross training or easy 6-8km run
3	Rest	Run [fartlek] - 10km fartlek including 8x (90sec at 5km pace / 60 sec easy recovery / 90sec at 5km pace / 60 sec easy recovery)	Cross training	Run [tempo] - 10km including 4x (4min tempo / 3min recovery)	Rest	Run [long run] - 70mins	Cross training or easy 6-8km run
4	Rest	Run [fartlek] - 10km fartlek including 2 sets of 8x (60sec at 5km pace / 60sec recovery)	Cross training	Run [tempo] - 10km including 10x (1min hill climb with jog down as recovery)	Rest	Run [long run] - 75mins	Cross training or easy 6-8km run
5	Rest	Run [fartlek] - 10km fartlek including 10x (60sec at 5km pace / 30 sec recovery)	Cross training	Run [strides] - 10km including 10x 100m strides	Rest	Run [long run] - 60mins	Rest
6	Rest	Run [speed] - 10km including 5x 800m (3 ½ mins) at 5-10km pace with 2mins easy b/w each	Cross training	Run [tempo] - 10km including 2x 8mins tempo with 3mins recovery b/w each	Rest	Run [long run] - 80mins	Easy 8km run
7	Rest or cross training	Run [speed] - 10km including 6x 800m (3 ½ mins) at 5-10km pace with 2mins easy b/w each	Cross training	Run [tempo/strength] - 10km including 2x (6mins tempo / 1mins easy) then 4x (90 strength efforts up a hill / jog down as recovery)	Rest	Run [long run] - 90mins	Easy 8km run
8	Rest	Run [speed] - 10km including 4x 1000m (4 ½ mins) at 5-10km pace with 2mins easy b/w each	Cross training	Run [tempo] - 12km including 2x 10mins with 3mins recovery b/w each	Rest	Run [long run] - 100mins	Easy 8km run
9	Rest or cross training	Run [speed] - 12km including 5x 1000m (4 ½ mins) at 5-10km pace with 2mins easy b/w each	Cross training	Run [tempo/strength] - 10km including (12 mins tempo / 1mins easy) then 5x (90 strength efforts up a hill / jog down recovery)	Rest	Run [long run] - 100mins	Easy 8km run
10	Rest	Run [speed] - 10km including 12x (60 sec at 5km pace / 30 sec recovery)	Cross training	Run [strides] - 10km including 10x 100m strides	Rest	Run [long run] - 75mins	Rest
11	Rest or cross training	Run [speed] - 12km including 6x 1000m (4 ½ mins) at 5-10km pace with 2mins easy b/w each	Cross training	Run [tempo] - 10km including 20mins tempo	Rest	Run [long run] - 110mins	Easy 8km run
12	Rest	Run [tempo] - 10km including 2x 5mins tempo with 5mins easy b/w each	Rest	Run [speed] - 8km including 4x (2mins efforts at 10km pace / 2mins recovery)	Rest	Run [strides] - 30 mins easy including 4 x 100m strides (or do Friday)	<b>Run Melbourne, presented by The Age</b>