

## INTERMEDIATE HALF-MARATHON TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>		Progression run (5 miles) Pace:		Hill running (4 x 800m) Pace: Recovery run (2 miles) Pace:			Long slow run (7 miles) Pace:
<b>Week 2</b>		Progression run (6 miles) Pace:		Speedwork (4 x 1 mile) Pace:			Long slow run (9 miles) Pace:
<b>Week 3</b>		Tempo run (7 miles) Pace:		Hill running (5 x 800m) Pace: Recovery run (2 miles) Pace:			Long slow run (11 miles) Pace:
<b>Week 4</b>		Tempo run (7 miles) Pace:		Speedwork (5 x 1 mile) Pace:			Long slow run (12 miles) Pace:
<b>Week 5</b>		Progression run (8 miles) Pace:	Tempo run (4 miles) Pace:	Hill running (6 x 800m) Pace:			Long slow run (13 miles) Pace:
<b>Week 6</b>		Progression run (8 miles) Pace:	Tempo run (5 miles) Pace:	Speedwork (6 x 1 mile) Pace:			Long slow run (14 miles) Pace:
<b>Week 7</b>		Tempo run (8 miles) Pace:		Hill running (4 x 800m) Pace: Recovery run (2 miles) Pace:			Long slow run (15 miles) Pace:
<b>Week 8</b>		Progression run (10–11 miles) Pace:		Cross training (60 minutes)			Race day

