



# 12 Week Half Marathon Training Plan *Intermediate*



## INTERMEDIATE HALF MARATHON TRAINING PLAN

This program is designed for intermediate level runners who have a good base level of running fitness. You might have already run a couple of halves and are looking to prepare better this time, or mastered 10 km's and this is your next goal. Remember this training program is a guide - feel free to adapt it to your level.

**RUN** – The runs on Mondays and Wednesdays should be at a comfortable speed, but you should also aim to challenge yourself as you get more comfortable with the distances. A good base to go off is between 65% to 70% of your maximum heart rate.

**LONG RUN** – The long runs scheduled in this program on Saturdays are meant to be runs at a comfortable pace, designed to build endurance.

**TIME** - The timed runs are designed to give you an idea of your fitness level, pace and how you are progressing. They aren't essential, but can give you a good idea as to where you are at!

**TEMPO** - Tempo runs are designed to have a gradual build up in pace throughout the run. You can make it as hard or as easy as you want, and can choose to increase your pace every 2 minutes, or every km. Tempo runs should start out easy, before building up, and dropping back down at the end to cool down.

**SPRINTS** - The sprint sessions in this program are designed to work on speed. The idea of sprints is to push yourself, before allowing yourself to recover before the next sprint.

**STRENGTH** – Gym based strength training (Preferably). This should include exercises such as squats and lunges, as well as core work. If you do not have a gym available to you, you can adapt gym-based exercises to work at home.

**ACTIVE REST + STRETCH** – Active rest can include light walking or activities such as yoga but should not involve any strenuous activity. Aim for at least a 30 min stretch session. Note: You should be stretching after every session!

**REST** – No exercise or active rest if you see fit. Make sure you take these days seriously. Your muscles need time to recover so make sure you take these days as seriously as you take the running days.

Disclaimer: Always consult with a professional before starting a new exercise program. This information is intended for informational purposes only. We recommend booking an appointment at Coast Sport to get tailored advice.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Run 5km + Strength	Tempo 30min	Strength	Rest	Run 5km	Long Run 8km	Active rest + stretch	23km
2	Run 5km + Strength	Intervals 6 x 1km	Strength	Rest	Run 9km	Time 5km	Active rest + stretch	25km
3	Run 5km + Strength	Tempo 30min	Strength	Rest	Run 5km	Long Run 10km	Active rest + stretch	25km
4	Run 4km + Strength	Intervals 4 x 800	Strength	Rest	Run 7km	Long Run 12km	Active rest + stretch	26.2km
5	Run 5km + Strength	Tempo 40min	Strength	Rest	Run 9km	Long Run 10km	Active rest + stretch	30km
6	Run 5km + Strength	Intervals 8 x 200	Strength	Rest	Run 5km	Time 10km	Active rest + stretch	21.6km
7	Run 4km + Strength	Tempo 45min	Strength	Rest	Run 7km	Long Run 14km	Active rest + stretch	31km
8	Run 5km + Strength	Intervals 6 x 400	Strength	Rest	Run 9km	Long Run 16km	Active rest + stretch	32.4km
9	Run 5km + Strength	Tempo 30min	Strength	Rest	Run 5km	Time 15km	Active rest + stretch	32km
10	Run 5km + Strength	Intervals 3 x 1km	Strength	Rest	Run 7km	Long Run 18km	Active rest + stretch	33km
11	Run 4km + Strength	Tempo 30min	Strength	Rest	Run 5km	Long Run 12km	Active rest + stretch	26km
12	Run 4km + Strength	Rest	Run 7km	Rest	Run 5km	Rest	Active rest + stretch	16km

Note: Kilometre totals have been estimated for tempo runs of a runner who does approx 6min/km.