



# Intermediate

## Half Marathon

### Training Program

<u>Week</u>	<u>Week of</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
1	5-May	4.5 miles Easy	3.5 miles Tempo	Rest	4.5 miles Easy	35 min X-Train	6 miles Easy	Rest
2	12-May	4.5 miles Easy	4 miles Tempo	Rest	4.5 miles Easy	35 min X-Train	7 miles Easy	Rest
3	19-May	5 miles Easy	4 miles Tempo	Rest	5 miles Easy	35 min X-Train	8 miles Easy	Rest
4	26-May	5 miles Easy	4.5 miles Tempo	Rest	5 miles Easy	40 min X-Train	8 miles Easy	Rest
5	2-Jun	5.5 miles Easy	4.5 miles Tempo	Rest	5.5 miles Easy	40 min X-Train	9 miles Easy	Rest
6	9-Jun	5.5 miles Easy	5 miles Tempo	Rest	5.5 miles Easy	40 min X-Train	10 miles Easy	Rest
7	16-Jun	6 miles Easy	5.5 miles Tempo	Rest	6 miles Easy	40 min X-Train	10 miles Easy	Rest
8	23-Jun	6 miles Easy	5.5 miles Tempo	Rest	6 miles Easy	40 min X-Train	11 miles Easy	Rest
9	30-Jun	5 miles Easy	6 miles Tempo	Rest	5 miles Easy	45 min X-Train	8 miles Race pace	Rest
10	7-Jul	5 miles Easy	6 miles Tempo	Rest	5 miles Easy	45 min X-Train	12 miles Easy	Rest
11	14-Jul	5 miles Easy	6.5 miles Tempo	Rest	5 miles Easy	45 min X-Train	9 miles Race pace	Rest
12	21-Jul	5 miles Easy	6.5 miles Tempo	Rest	5 miles Easy	45 min X-Train	12 miles Easy	Rest
13	28-Jul	5 miles Easy	7 miles Tempo	Rest	5 miles Easy	45 min X-Train	10 miles Race pace	Rest
14	4-Aug	5 miles Easy	7 miles Tempo	Rest	5 miles Easy	45 min X-Train	13 miles Easy	Rest





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