



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	8-May	4.5 miles Easy	3.5 miles Tempo	Rest	4.5 miles Easy	35 min X-Train	6 miles Easy	Rest
2	15-May	4.5 miles Easy	4 miles Tempo	Rest	4.5 miles Easy	35 min X-Train	7 miles Easy	Rest
3	22-May	5 miles Easy	4 miles Tempo	Rest	5 miles Easy	35 min X-Train	8 miles Easy	Rest
4	29-May	5 miles Easy	4.5 miles Tempo	Rest	5 miles Easy	40 min X-Train	8 miles Easy	Rest
5	5-Jun	5.5 miles Easy	4.5 miles Tempo	Rest	5.5 miles Easy	40 min X-Train	9 miles Easy	Rest
6	12-Jun	5.5 miles Easy	5 miles Tempo	Rest	5.5 miles Easy	40 min X-Train	10 miles Easy	Rest
7	19-Jun	6 miles Easy	5.5 miles Tempo	Rest	6 miles Easy	40 min X-Train	10 miles Easy	Rest
8	26-Jun	6 miles Easy	5.5 miles Tempo	Rest	6 miles Easy	40 min X-Train	11 miles Easy	Rest
9	3-Jul	5 miles Easy	6 miles Tempo	Rest	5 miles Easy	45 min X-Train	8 miles Race pace	Rest
10	10-Jul	5 miles Easy	6 miles Tempo	Rest	5 miles Easy	45 min X-Train	12 miles Easy	Rest
11	17-Jul	5 miles Easy	6.5 miles Tempo	Rest	5 miles Easy	45 min X-Train	9 miles Race pace	Rest
12	24-Jul	5 miles Easy	6.5 miles Tempo	Rest	5 miles Easy	45 min X-Train	12 miles Easy	Rest
13	31-Jul	5 miles Easy	7 miles Tempo	Rest	5 miles Easy	45 min X-Train	10 miles Race pace	Rest
14	7-Aug	5 miles Easy	7 miles Tempo	Rest	5 miles Easy	45 min X-Train	13 miles Easy	Rest

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