



HALF MARATHON TRAINING PLAN --- INTERMEDIATE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY	TOTAL MILEAGE
	Week 1	Rest*	3 Miles EASY	3 Miles MED	Rest*	Rest*	parkrun+1 Easy	OR	6 Easy	12
	Week 2	Rest*	Pyramid Intervals**	Rest*	5 Miles MED	Rest*	parkrun+2.5 Easy	OR	7 Easy	14
	Week 3	Rest*	5 X 800m MED	5 miles	Rest*	Rest*	parkrun+3 Easy	OR	8 Easy	16
	Week 4	Rest*	6 miles	Rest*	Hills***	Rest*	parkrun+3 Easy	OR	10 Easy	18

Ealing

HALF MARATHON



	Week 5	Rest*	3 miles FAST	6 miles MED	Rest*	Rest*	parkrun+4 Easy	OR	11 Easy	20
	Week 6	Rest*	Pyramid Intervals****	Rest*	4 Miles MED	Rest*	parkrun+4 Easy	OR	12 Easy	19
	Week 7	Rest*	3 miles	EHM Recce Run (4 miles)	Rest*	Rest*	Rest*		13.1 Easy	20
	Week 8	Rest*	EHM Hills*****	Rest*	5 Miles MED	Rest*	parkrun+6 Easy	OR	10 Easy	17
	Week 9	EHM Recce Run (4 miles)	Rest*	5 miles	Rest*	Rest*	Rest*		12 Easy	21

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	Week 10	Rest*	EHM Hills*****	Rest*	2 Miles EASY	Rest*	parkrun+9 Easy	OR	EHM Recce Run (13 miles)	17
	Week 11	Rest*	EHM Hills*****	Rest*	2 Miles EASY	Rest*	Rest*		10 Easy	14
	Week 12	Rest*	Rest*	3 miles	Rest*	Rest*	Rest*		RACE DAY: GOOD LUCK!	16
										204

* Rest or Cross Training

** 200m/400m/600m/800m/600m/400m/200m with 90s recovery between each run plus 1mile warm up and cool down

*** 30minutes hill training

**** 1.5min/3min/4.5 mins/4.5mins/3.5mins/1.5m with 90s recovery between each run plus 1mile warm up and cool down

***** EHM Hill sessions to be announced in August

NB Easy pace = conversational pace : Med = able to talk in short sentences : Fast = parkrun PB pace