

## HALF MARATHON INTERMEDIATE

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

<b>12</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>	<b>WEEK 6</b>
<b>MONDAY</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
<b>TUESDAY</b>	Total Time: <b>30 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 20 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>40 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 30 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>40 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 30 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>45 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 35 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>45 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 35 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>50 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 40 Mins - Easy</b> Cool Down 5 Mins easy walk.
<b>WEDNESDAY</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
<b>THURSDAY</b>	Total Time: <b>25 Mins</b> <b>Gym - Cross Training - Swim</b> <b>25 Minutes</b>	Total Time: <b>35 Mins</b> <b>Gym - Cross Training - Swim</b> <b>30 Minutes</b>	Total Time: <b>35 Mins</b> <b>Gym - Cross Training - Swim</b> <b>30 Minutes</b>	Total Time: <b>35 Mins</b> <b>Gym - Cross Training - Swim</b> <b>35 Minutes</b>	Total Time: <b>40 Mins</b> <b>Gym - Cross Training - Swim</b> <b>40 Minutes</b>	Total Time: <b>45 Mins</b> <b>Gym - Cross Training - Swim</b> <b>45 Minutes</b>
<b>FRIDAY</b>	Total Time: <b>35 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 25 Minutes - Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>40 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 30 Minutes- Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>40 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 30 Minutes - Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>45 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 35 Minutes- Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>45 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 35 Minutes - Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>50 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 40 Minutes- Race Pace</b> Cool Down 5 minute easy walk.
<b>SATURDAY</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
<b>SUNDAY</b>	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 3 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 4 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 5 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 6 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 7 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 8 Miles None Stop</b> Cool Down 5 minute easy walk.

## HALF MARATHON INTERMEDIATE

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

<b>12@12</b>	<b>WEEK 7</b>	<b>WEEK 8</b>	<b>WEEK 9</b>	<b>WEEK 10</b>	<b>WEEK 11</b>	<b>WEEK 12</b>
<b>MONDAY</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
<b>TUESDAY</b>	Total Time: <b>50 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 40 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>55 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 45 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>60 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 50 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>60 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 50 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>55 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 45 Mins - Easy</b> Cool Down 5 Mins easy walk.	Total Time: <b>50 Mins</b> Warm Up 5 Mins <b>Brisk Walk</b> <b>RUN 40 Mins - Easy</b> Cool Down 5 Mins easy walk.
<b>WEDNESDAY</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
<b>THURSDAY</b>	Total Time: <b>50 Mins</b> <b>Gym - Cross Training - Swim</b> <b>50 Minutes</b>	Total Time: <b>55 Mins</b> <b>Gym - Cross Training - Swim</b> <b>55 Minutes</b>	Total Time: <b>60 Mins</b> <b>Gym - Cross Training - Swim</b> <b>60 Minutes</b>	Total Time: <b>55 Mins</b> <b>Gym - Cross Training - Swim</b> <b>55 Minutes</b>	Total Time: <b>50 Mins</b> <b>Gym - Cross Training - Swim</b> <b>50 Minutes</b>	Total Time: <b>45 Mins</b> <b>Gym - Cross Training - Swim</b> <b>45 Minutes</b>
<b>FRIDAY</b>	Total Time: <b>55 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 45 Minutes - Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>60 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 50 Minutes - Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>65 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 55 Minutes- Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>60 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 50 Minutes- Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>55 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 45 Minutes - Race Pace</b> Cool Down 5 minute easy walk.	Total Time: <b>50 Mins</b> Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 40 Minutes- Race Pace</b> Cool Down 5 minute easy walk.
<b>SATURDAY</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
<b>SUNDAY</b>	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 9 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 10 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 11 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 12 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 6 Miles None Stop</b> Cool Down 5 minute easy walk.	Warm Up 5 minute <b>Brisk Walk</b> <b>RUN 13.1 Miles None Stop</b> Cool Down 5 minute easy walk.