Half Marathon Training Program – Intermediate (12 Weeks)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	R	E (4-5 miles)	CT (30 min)	TR (3 miles)	R or E (3 miles)	LR (5 miles)	CT (30-45 min)
2	R	E (4-5 miles)	CT (30 min)	TR (3-4 miles)	R or E (3 miles)	LR (6 miles)	CT (30-45 min)
3	R	E (4-5 miles)	CT (30 min)	TR (4 miles)	R or E (3-4 miles)	LR (7 miles)	CT (30-45 min)
4	R	E (4-5 miles)	CT (30-45 min)	TR (4-5 miles)	R or E (3-4 miles)	LR (8 miles)	CT (30-45 min)
5	R	E (4-5 miles)	CT (30-45 min)	TR (4-5 miles)	R or E (3-4 miles)	LR (8 miles)	CT (30-45 min)
6	R	E (4-5 miles)	CT (30-45 min)	TR (5 miles)	R or E (3-4 miles)	LR (9 miles)	CT (30-45 min)
7	R	E (5 miles)	CT (30-45 min)	TR (5 miles)	R or E (3-4 miles)	LR (10 miles)	CT (30-45 min)
8	R	E (5 miles)	CT (30-45 min)	TR (5-6 miles)	R or E (3-4 miles)	LR (11 miles)	CT (45 min)
9	R	SI (4x400m)	CT (30-45 min)	TR (5-6 miles)	R or E (3-4 miles)	LR (12 miles)	CT (45 min)
10	R	SI (4x800m)	CT (30-45 min)	TR (6 miles)	R or E (3-4 miles)	LR (12 miles)	CT (45 min)
11	R	SI (5x400m)	CT (30-45 min)	TR (6-7 miles)	R or E (3-4 miles)	LR (13 miles)	CT (45 min)
12	R	E (3-4 miles)	CT (30 min)	E (2-3 miles)	R	R	Race Day!

Key:

Easy Run (E)	Rest (R)	Long Run (LR)
Speed Intervals (SI)	Tempo Run (TR)	Cross-Training (CT)