



Half marathon intermediate plan

Week 1 - Getting started

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Run	Rest	Run	Run	Rest	Run
Session Details	Run for 30mins.	Run for 50mins.		Run for 30mins.	Run for 25mins.		Run for 60mins.
Focus	Easy pace, stay relaxed.	Find an undulating route with lots of little challenges.		Steady pace, stay relaxed.	Find a pace just out of your comfort zone but still maintainable.		Keep moving and try to run for the whole 60mins.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Run	Run	Run	Rest	Run	Rest	Run
Session Details	Run for 30mins.	Run for 50mins.	Interval training 30mins.		Run for 45mins.		Run for 60mins.
Focus	First back to back session - take it easy and stay relaxed.	Easy pace, stay relaxed.	Alternate between running fast for 7mins and slow for 3mins.		Find a pace just out of your comfort zone, but still maintainable.		Find an undulating route with lots of little challenges.

Week 3 - Extending jogging time

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Run	Rest	Run
Session Details	Jog for 30mins.	Interval training 30mins.		Run for 50mins.	Run for 25mins.		Run for 75mins.
Focus	This is your recovery run after yesterday, take it slow.	Alternate between running fast for 7mins and slow for 3mins.		Stay relaxed as you begin to build up training volume.	Push harder for this shorter run.		Keep moving and run as much as you can during the 75mins.

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Run	Run	Jog	Run	Rest	Run
Session Details		Run for 45mins.	Run for 60mins.	Jog for 30mins.	Run for 45mins.		Run for 80mins.
Focus		Steady pace, stay relaxed.	Try a different route, or go off-road to mix it up.	Recovery jog after yesterday, take it slow.	Steady pace, stay relaxed.		Run for the whole 80mins.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Run	Rest	Run
Session Details	Jog for 30mins.	Interval training 45mins.		Run for 25mins.	Run for 50mins.		Run for 90mins.
Focus	Recovery jog, take it slow.	Alternate between running fast for 10mins and slow for 5mins.		Push harder for this shorter run.	Steady pace, stay relaxed.		First hour and a half long session! Keep moving and try to jog for the whole 90mins..

Week 6 - Race experience and confidence building

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Rest	Run	10km race
Session Details	Jog for 30mins.	Run for 25mins.		Run for 50mins.		Run for 15mins.	Take on a 10km!
Focus	Recovery jog, take it slow.	Push harder for this shorter run.		Steady pace, stay relaxed.		Steady pace, stay relaxed.	Sign up for a 10km event, push yourself and enjoy the experience! www.mencap.org.uk/runningevents

Week 7 - Back to basics

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Run	Rest	Run	Rest	Run
Session Details	Jog for 30mins.	Run for 50mins.	Interval training 30mins.		Run for 60mins.		Run for 100mins.
Focus	Recovery jog, take it slow.	Stay at a steady pace and focus on the duration.	Alternate between running fast for 7mins and slow for 3mins.		Try a different route, or go off-road to mix it up.		Take it easy for the first and last 10mins.

Week 8 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Run	Jog	Run
Session Details	Jog for 30mins.	Hill runs.		Run for 50mins.	Run for 25mins.	Jog for 10mins.	Run for 110mins.
Focus	Recovery jog, take it slow.	Run up a fairly steep hill and walk back down, repeat 6 times.		Steady pace, stay relaxed.	Push harder for this shorter run.	Easy pace, stay relaxed.	Keep moving and run as much as you can during the 110mins.

Week 9 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Run	*Run*	Rest	Jog	Run
Session Details	Jog for 45mins.	Interval training 30mins.	Run for 50mins.	Run for 30mins.		Jog for 20mins.	Run for 120mins.
Focus	Recovery jog, take it slow.	Alternate between running very fast for 3mins and slow for 2mins.	Steady pace, stay relaxed.	Optional jog - if your body is tired listen and rest instead.		Easy pace, stay relaxed.	First 2 hour session! Keep moving and try to run for the whole 120mins.

Week 10 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Rest	Jog	Run
Session Details	Jog for 30mins.	Interval training 30mins.		Run for 60mins.		Jog for 20mins.	Run for 130mins.
Focus	Recovery jog, take it slow.	Alternate between running fast for 7mins and slow for 3mins.		Find an undulating route with lots of little challenges.		Easy pace, stay relaxed.	Last long training run, keep the pace steady.

Week 11 - Taper week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Run	Rest	Run	Rest	Jog	Run
Session Details	Jog for 30mins.	Run for 40mins.		Run for 40mins.		Jog for 20mins.	Run for 80mins.
Focus	Recovery jog, take it slow.	Try a different route, or go off-road to mix it up.		Find an undulating route with lots of little challenges.		Easy pace, stay relaxed.	Steady 30mins, then push hard for 20mins, then take it steady again for 30mins.

Week 12 - Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Jog	Rest	Run	Run	Rest	Jog	Event day
Session Details	Jog for 20mins.		Run for 40mins.	Run for 30mins.		Jog for 15mins.	Today is the day!
Focus	Recovery jog, take it slow.		Push hard for 30secs after every steady 10mins.	Steady pace, stay relaxed.		Very easy pace, stay relaxed in preparation for tomorrow.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!