

# Half-Marathon Intermediate Training Plan

Weeks To Race	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	June 12 - 18	Rest or Recovery Walk	Fartleks: 3 miles easy with 10x30 second pick-ups in the middle	Recovery Walk or Cross Train	Easy: 3-5 miles	Recovery Walk or Cross Train	Easy: 4 miles	Easy: 4-6 miles
13	June 19 - 25	Rest or Recovery Walk	Hills: 3-4 miles, Warm-up: 1 mile @ Easy, Workout: 30 sec hard uphill, walk back to start for full recovery repeat x 5, Cooldown: 1 mile @ Easy	Recovery Walk or Cross Train	Easy: 4-5 miles	Recovery Walk or Cross Train	MD: 5 miles	Long: 6-8 miles, last 20 min medium effort
12	June 26 - 2	Rest or Recovery Walk	Hills: 3-4 miles, Warm-up: 1 mile @ Easy, Workout: 30 sec hard uphill, walk back to start for full recovery repeat x 7, Cooldown: 1 mile @ Easy	Recovery Walk or Cross Train	Easy: 5-6 miles	Recovery Walk or Cross Train	MD: 5 miles	Easy: 8-10 miles
11	July 3 - 9	Rest or Recovery Walk	Intervals: 10 min easy, {3 min hard/3 min easy} x 4, 10 min easy	Recovery Walk or Cross Train	Easy: 5-6 miles	Recovery Walk or Cross Train	MD: 5 miles	Easy: 8-10 miles
10	July 10 - 16	Rest or Recovery Walk	Progression: 5 miles, start easy, finish fast	Recovery Walk or Cross Train	Easy: 5-7 miles	Recovery Walk or Cross Train	Easy: 6 miles	Long: 6-8 miles, last 20 min medium effort
9	July 17 - 23	Rest or Recovery Walk	Intervals: 10 min easy, {3 min hard/2 min easy} x 4, 10 min easy	Recovery Walk or Cross Train	Easy: 5-7 miles	Recovery Walk or Cross Train	MD: 6 miles	Easy: 8 miles
8	July 24 - 30	Rest or Recovery Walk	Progression: 6 miles, start easy, finish fast	Recovery Walk or Cross Train	Easy: 5-7 miles	Recovery Walk or Cross Train	MD: 6 miles	Easy: 10-12 miles
7	July 31 - 6	Rest or Recovery Walk	Intervals: 10 min easy, {4 min hard/2 min easy} x 5, 10 min easy	Recovery Walk or Cross Train	Easy: 5-7 miles	Recovery Walk or Cross Train	MD: 6 miles	Easy: 10-12 miles
6	Aug 7 - 13	Rest or Recovery Walk	Tempo: Warm-up: 1 mile Easy {Workout: 1 mile @ Tempo (aka 10k pace) w/3 minute jog recoveries} x 4 Cooldown: 1 mile Easy	Recovery Walk or Cross Train	Easy: 6 miles	Recovery Walk or Cross Train	Easy: 7 miles	Easy: 8-10 miles
5	Aug 14 - 20	Rest or Recovery Walk	Intervals: Warm-up: 1 mile Easy, {Workout: 1 miles @ goal half marathon pace w/ 90 second jog recoveries} x 5 Cooldown: 1 mile Easy Cool down	Recovery Walk or Cross Train	Easy: 7 miles	Recovery Walk or Cross Train	MD: 7 miles	Easy: 10-12 miles
4	Aug 21 - 27	Rest or Recovery Walk	Race Pace: 3 miles, Warm-up: 1 mile easy, Workout: 1 mile Race Pace: Cooldown: 1 mile Easy	Recovery Walk or Cross Train	Easy: 6 miles	Recovery Walk or Cross Train	MD: 7 miles	Easy: 10-12 miles
3	Aug 28 - 3	Rest or Recovery Walk	Fartleks: 5 miles w/10x30 second pick-ups at the end	Recovery Walk or Cross Train	Easy: 5 miles	Recovery Walk or Cross Train	Easy: 5 miles	Easy: 12-14 miles
2	Sep 4 - 10	Rest or Recovery Walk	Race Pace: 3 miles, Warm-up: 1 mile easy, Workout: 1 mile Race Pace: Cooldown: 1 mile Easy	Recovery Walk or Cross Train	Easy: 3 miles	Recovery Walk or Cross Train	MD: 4 miles	Long: 8 miles, first 5 miles @ Easy, last 3 miles @ Race Pace Effort
1	Sep 11 - 17	Rest or Recovery Walk	Easy: 30 minutes	Recovery Walk	Easy: 30 minutes	Recovery Walk	Easy: 30 minutes	<b>Race Pace: 13.1 miles</b>

- Begin each workout with 5-10 minute walk to warm up.
- Adjust your days of running if needed to fit your week.
- Blank days - rest or cross train.
- Keep your long run pace slow and easy-going.
- Don't worry about your speed - walk, shuffle, jog.
- Join us at Packet Pickup Parties to celebrate your work!



**Reach Out Anytime!**  
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\*Couch to Half Marathon Plan built by Coach Sarah Cox at Wild Soles Running. If you have any questions please reach out at [WildSolesRunning@gmail.com](mailto:WildSolesRunning@gmail.com)



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