



Half Marathon Plan

Week	Run 1	Run 2	Run 3	Run 4
1	2 E	10 min E - 1 ST - 10 min E		4 LR
2	3 ST	10 min E - 10 min H - 10 min E		5 LR
3	15 min E - 15 min H - 10 min E	3 ST		6 LR
4	10 min E - 3 x (5 min THR/3 min E) - 10 min E	3 ST		7 LR
5	15 min E - 20 min H - 15 min E	4 ST	1 E - 3 x (1 min INT/3 min E) - 1 ST	5 LR
6	10 min E - 1 THR - 10 min E - 1 THR - 10 min E	45 min ST		8 LR (2@ PMP)
7	10 min E - 3 x (2 min INT/4 min E) - 10 min E	10 min E - 30 min H - 10 min E		9 LR (3@ PMP)
8	10 min E - 20 min ST - 10 min E	1 E - 1.5 THR - 1 E - 1.5 THR - 1 E	10 min E - 10 min H - 10 min E	6 LR
9	10 min E - 3 x (3 min INT/3 min E) - 15 min ST	45 min ST		10 LR (4@ PMP)
10	4 E	50 min ST		11 LR (5@ PMP)
11	30 min E	1 E - 1 ST - 1 THR - 1 E		5 LR
12	2 ST	2 E		Half Marathon