



Half Marathon INTERMEDIATE PLAN



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
1 12/8 - 12/14	Rest	45-60 min E + strides	45-60 min XT	45 min E	Rest	6 mi LR + strides	30 min E	4-week Base Building
2 12/15 - 12/21	Rest	45-60 min E + strides	45-60 min XT	45 min E	Rest	6 mi LR + strides	30 min E	
3 12/22 - 12/28	Rest	45-60 min E + strides	45-60 min XT	45 min E CHRISTMAS DAY	Rest	6 mi LR + strides	30 min E	
4 12/29 - 1/4	Rest	45-60 min E + strides	45-60 min XT	45 min E NEW YEARS DAY	Rest	6 mi LR + strides	30 min E	
5 1/5 - 1/11	Rest	20 min E* + hill sprints + 20 min E*	45-60 min XT	60 min E + strides	Rest	7 mi LR + strides	30 min E	Half Marathon Training Begins
6 1/12 - 1/18	Rest	20 min E* + hill sprints + 20 min E*	45-60 min XT	60 min E + strides	Rest	8 mi Fast Finish LR 6 mi @ 3-4 RPE + 2 mi @ 7-8 RPE	30 min E	
7 1/19 - 1/25	Rest	20 min E* + hill sprints + 20 min E*	45-60 min XT	60 min E + strides	Rest	9 mi LR	30 min E	
8 1/26 - 2/1	Rest	60 min E	45-60 min XT	60 min E	Rest	7 mi LR	Rest	Cutback
9 2/2 - 2/8	Rest	20 min E* + hill sprints + 20 min E*	60 min XT	Alternation Run 1 mi up + 5 x (.5 mi @ 7-8 RPE w/ .5 mi @ 5- 6 RPE recovery) + 1 mi down	Rest	8 mi LR	45 min E	
10 2/9 - 2/15	Rest	60 min E + strides	60 min XT	60 min E + strides	Rest	10 mi Fast Finish LR 5 mi @ 3-4 RPE + 5 mi @ 7-8 RPE	45 min E	Carb load for LR + Practice Race Fuel
11 2/16 - 2/22	Rest	60 min E + strides	60 min XT	15 min E* + 20 min Tempo + 15 min E*	Rest	11 mi LR	45 min E	Carb load for LR + Practice Race Fuel
12 2/23 - 3/1	Rest	60 min E + strides	60 min XT	60 min E + strides	Rest	8 mi LR	Rest	Cutback
13 3/2 - 3/8	Rest	15 min E* + 25 min Tempo + 15 min E*	60 min XT	60 min E + strides	Rest	14 mi LR = 2 mi E + 2 x 5 mi @ 7-8 RPE w/ 5 min @ 3-4 RPE recovery + 2 mi E	30 min E	Carb load for LR + Practice Race Fuel
14 3/9 - 3/15	Rest	60 min E + strides	60 min XT	60 min E + strides	Rest	11 mi Fast Finish LR 8 mi @ 3-4 RPE + 3 mi @ 7-8 RPE	45 min E	Carb load for LR + Practice Race Fuel
15 3/16 - 3/22	Rest	45 min E + strides	45 min XT	45 min E + strides	Rest	8 mi LR	45 min E	
16 3/23 - 3/29	Rest	45 min E + strides	Rest	45 min E + strides	Rest	20 min shakeout	RACE DAY	

Coach's Key + RPE Guide

RW = Run/Walk (ex: RW 2:2 = Run 2 min / Walk 2 min — adjust as needed) | **E** = Easy (RPE 2-4; conversational) | **Tempo** = Steady mod-hard (RPE 7-8) |

XT = Cross-train (bike, elliptical, row, hike) | **LR** = Long run ≤ 30-35% of weekly time | **Strides** = 6 x 20 sec relaxed, fast effort w/ 40 sec recovery walk or jog |

Hill Sprints = 6 x 8 sec all out effort up the hill w/ long, 5-min recovery jog or power walk, full recovery | **Progression** = Start easy, gradually build speed, finish fast |

Cutback Week = easier intensity & a slight decrease in volume; allow your body to heal & absorb fitness; focus on rest & nutrition this week

RPE Scale >> 1-2 Very Easy · 3-4 Easy · 5-6 Moderate · 7-8 Hard · 9 Very Hard · 10 All Out (See RPE Guide)