



Half Marathon Training for Intermediate Runners

Week	Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	8/2 - 8/8	3	Speed	3	rest	3	5	rest
2	8/9 - 8/15	3	Tempo	3	rest	3	6	rest
3	8/16 - 8/22	3.5	Speed	3	rest	rest	3	rest
4	8/23 - 8/29	3.5	Tempo	3	rest	3	7	rest
5	8/30 - 9/5	4	Hills	3	rest	3	8	rest
6	9/6 - 9/12	4	Tempo	3	rest	rest	6	rest
7	9/13 - 9/19	4.5	Speed	3	rest	4	9	rest
8	9/20 - 9/26	4.5	Tempo	3	rest	5	10	rest
9	9/27 - 10/3	5	Hills	3	rest	rest	8	rest
10	10/4 - 10/10	5	Tempo	3	rest	4	12	rest
11	10/11 - 10/17	5	Speed	3	rest	3	10	rest
12	10/18 - 10/23	4	Tempo	2	rest	rest	13.1	

Got Support? Sign up for the **FREE** half marathon training program to get the tools, tips, and words of wisdom to help you get to the finish line! Visit www.swhalf.com for info.

Consult your doctor before beginning any exercise program.