HALF MARATHON - INTERMEDIATE PROGRAM

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY	
WEEK	DATE	Rest or Light Active Recovery	Recovery Run	Workouts	Rest Day	Recovery Run	Recovery Run / Long Run	EVENTS
1 (Build)	June 30th	rest / Active recovery	6-8km	2km warmup (WU), dynamic stretches (DS), 1.5km tempo (tempo pace should be slightly faster than your goal half marathon pace, but will be fairly similar), 2 min jog rest, 6 x 1 min hard uphill with jog back down as recovery, 1.5km tempo, 2 km cooldown (CD)	5-7km	6-8km	5-7km / 9-11km	
2 (Build)	July 7th	rest / Active recovery	7-9km	2km WU, DS, 15 min tempo pace, 2km CD	5-7km	7-9km	5-7km / 10-12km	July 9 Kardia Kick-Off Run
3 (Build)	July 14th	rest / Active recovery	7-9km	2km WU, DS, 8 X 3 mins (between 10km-half pace) on 1 min rest, 2km CD	5-7km	7-10km	5-7km / 12 - 14km with the last 4km at half marathon effort	July 19 CRS Long Run 1
4 (base)	July 21st	rest / Active recovery	8-10km	3km WU, DS, 20 min tempo, 3 km CD	5-7km	8-10km	5-7km / 12-14km	`
5 (base)	July 28th	rest / Active recovery	8-10km	3km WU, DS, 10 x 90 seconds (10km effort) on 60 seconds jog rest, 3km CD	5-7km	8-10km	5-7km / 13-15km progression run where you are progressing by about 10 seconds per km every 4 km (ex first 4km at 6:30, next 4km at 6:20 etc)	
6 (base)	Aug 4th	rest / Active recovery	8-10km	3km WU, DS, 25 min tempo, 3km CD	5-7km	9-11km	5-7km / 13-15km	
7 (Base)	Aug 11th	rest / Active recovery	8-10km	3km WU, DS, 1-2-3-4-5-4-3-2-1 at tempo - 10km pace with 60 seconds rest after the 1,2,3 minuters and 90 seconds rest after 4 and 5 minuters, 3km CD	5-7km	9-11km	5-7km / 16-18km with the last 6km at half marathon effort	Aug 16 CRS Long Run 2
8 (Base)	Aug 18th	rest / Active recovery	8-10km	3 km WU, DS, 2 x 15 min tempo on 2 min jog in between, 3 km CD	5-7km	10-12km	5-7km/ 16-18km	
9 (peak weeks)	Aug 25th	rest / Active recovery	8-10km	3km WU, DS, 10 x 2 mins (10km pace) on 1 min rest, 3km CD	5-7km	10-12km	5-7km / 17-19km with every 4th km (4, 8,12,16) at half marathon pace. Go back to normal easy pace after each faster km	
10 (peak weeks)	Sept 1st	rest / Active recovery	8-10km	3km WU, DS,12 min tempo, 90 second jog, 4 min at 10km pace, 2 min rest, 12 min tempo, 90 seconds rest, 4 min 10km pace, 2 min rest, 3 km CD	5-7km	10-12km	5-7km / 17-19km	
11 (peak weeks)	Sept 8th	rest / Active recovery	8-10km	3km WU, DS, 4 x 6 min tempo on 90 seconds jog, 4 x 2 mins (5-10km pace) on 90 seconds jog, 3km CD	5-7km	10-13km	5-7km / 18-20 km progression run, every 5km aim to increase your pace by about 10 seconds per km (eg first 5km at 6:30 per km, next 5km at 6:20 per km, next 5km at 6:10 etc)	
12 (peak weeks)	Sept 15th	rest / Active recovery	8-10km	3km WU, DS, 4 x 10 mins tempo on 90 seconds jog rest, 3 km CD	5-7km	10-13km	5-7km / 18-20km	TBD CRS Long Run 3
13 (peak weeks)	Sept 22nd	rest / Active recovery	8-10km	3km WU, DS, 15 x 1 min (5-10km pace) on 1 min jog rest, 3 km CD	5-7km	10-13km	5-7km / 20-22km (aim to run your last 6km at goal half marathon pace	
14 (taper)	Sept 29th	rest / Active recovery	7-9km	3km WU, DS, 3 sets of 3,2,1 at 5-10km pace with 60 seconds rest after the 3 and the 2 minuters and 90 seconds rest after the 1's, 3 km CD	5-7km	7-10km	5-7km / 15-17km with kms 6-12 at goal half marathon pace	
15 (Taper)	Oct 6th	rest / Active recovery	7-9km	3km WU, DS, 5 x 3 minutes at 10km pace on 90 seconds jog, 4 x 1 min at 5km pace on 1 min jog rest, 3 km CD	5-7km	6-8km	5-7km / 10-12km	Taper Week
16 (Race week!!)	Oct 13th	rest	6-8km	2km WU, DS,2 x 5 mins at goal half marathon pace on 2.5 min jog rest, 4 x 1 min slightly faster than half pace on 1 min jog rest, 2km cooldown	4km or off	4km	shake out/ Race	RACE WEEK!