

Intermediate plus Half Marathon (12 week) schedule

This schedule based on someone currently already running approx. 3-4 per week regularly with one run in the region of least 5-6miles (or at least 60mins if distance is less). Ideally have been running at between 1 to 2 years (min) and have some previous experience of either interval & paced/tempo type &/or experience of events/races such as Parkrun/5k & 10km. Whilst not exclusively so this plan is based on a runners likely to run in the region of 1hr 55 to 1hr 40 for the half marathon. Faster or slow runners can use this if they meet the other recommended guidelines.

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------|--------------|--|--|--------------|--|---|---------------------|
| 12 | Conditioning | 30mins very easy or optional rest day | *w/up routine followed by 4 x 4min efforts @ a little faster than your 10km pace with 90secs easy jog between efforts. | Conditioning | 40min easy run: Very easy first 5-10min then build in steady pace | complete rest day | Long run: 6miles |
| 11 | Conditioning | 35mins very easy or optional rest day | *w/up routine followed by 6 x 2min efforts slightly faster than your 5km pace off 90" walk/rest. | Conditioning | 45min run. Run as 20-25min easy with the last 20min at a moderate pace (likely being around your half marathon pace) | complete rest day or swap with Friday run to incorporate run into Parkrun | Long run: 7miles |
| 10 | Conditioning | 35mins easy or optional rest day | *w/up routine followed by 5 x 4min efforts @ a little faster than your 10km pace with 90secs easy jog between efforts. | Conditioning | 45min easy run: Very easy first 5-10min then build in steady pace | complete rest day | Long run: 8miles |
| 9 | Conditioning | 35-40mins very easy or optional rest day | *w/up routine followed by 10 x 1min efforts a little faster than 5km (likely slightly faster than your 2min efforts 2 wks ago. off 1' walk/rest recovery | Conditioning | 45min run progressive. Run as 15min very easy, 15min easy to moderate, 15min moderate to brisk tempo. Run to feel rather than specified paces - this is a chance to work on your pace judgement. | complete rest day | 40-45mins very easy |
| 8 | Conditioning | 40mins easy or optional rest day | *w/up routine followed by 4 x 5min efforts @ a little faster than your 10km pace with 90secs easy jog between efforts. | Conditioning | 45min easy run: Very easy first 5-10min then build in steady pace. | complete rest day | Long run: 9miles |

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| 7 | Conditioning | 35-40mins very easy or optional rest day | *w/up routine followed by 8 x 2min efforts slightly faster than your 5km pace off 90sec walk/rest. | Conditioning | 50min run. Run as 20min easy with the last 30min at moderate pace (or option to run this tomorrow & incorporate some of the 30mins within Parkrun?) | complete rest day <i>or swap with Friday run to incorporate run into Parkrun</i> | Long run: 9miles |
| 6 | Conditioning | 45mins easy or optional rest day | *w/up routine followed by 4 x 6min efforts @ a little faster than your 10km pace with 90secs easy jog between efforts. | Conditioning | 50min easy run: Very easy first 5-10min then build in steady pace. | complete rest day | Long run: 10miles |
| 5 | Conditioning | 35-40mins very easy or optional rest day | *w/up routine followed by 12 x 1min efforts a little faster than 5km (likely slightly faster than your 2min efforts 2 wks ago. off 1min walk/rest recovery | Conditioning | 45min run progressive. Run as 10min easy 20min easy to moderate, 20min moderate to brisk tempo. Run to feel similar to the last run of this nature (see 4 weeks earlier) | complete rest day | 50-60' very easy |
| 4 | Conditioning | 45mins easy or optional rest day | *w/up routine followed by 3 x 8min efforts at or a little faster than your 10km pace with 90secs easy jog between efforts. | Conditioning | 50min easy run: Very easy first 5-10min then build in steady pace. | complete rest day | Long run: 11miles |
| 3 | Conditioning | 35-40mins very easy or optional rest day | *w/up routine followed by 8 x 2min efforts slightly faster than your 5km pace off 60-75sec walk/rest. | Conditioning | 50min run. Run as 10-15 easy with the last 35-40min at moderate pace (approx HM pace) | complete rest day | Long run: 12miles |
| 2 | Conditioning | 30mins very easy or optional rest day | *w/up routine followed by 5 x 4min efforts @ a little faster than your 10km pace with 90secs easy jog between efforts. | Conditioning | 10min easy jog, then next 20mins (approx HM pace) 5mins rest + 5 x 1min brisk efforts (but not pushing) slightly faster than HM with 1min easy jog recovery (recover/walk) then 5min very easy cool down jog. | complete rest day | 50-60' very easy |



| Training zones: | approx % max hr | Info / details of what it is, what is for & how it should generally feel... |
|--|-----------------|---|
| Very easy running | 65% or below | Very easy effort which can aid recovery from harder training (for experienced runners) but will also build time on feet and hence help develop and maintain endurance. Experienced runners should find this very comfortable re pace ... note better to ignore pace on these types of run and run to feel and keep very easy |
| Easy aerobic running | 65 to 75% | Will help build aerobic endurance - sometimes referred to as conversational running pace as you should still be able to talk when running at this pace. Beginners will find this more challenging whilst they are developing the muscular endurance associated with longer runs but this helps build under pinning endurance. |
| Moderate running | 76 to 82% | Slightly faster/more challenging than the easy aerobic zone but should not feel hard but equally will not feel easy per-se. Training usually comes as part of progressive or sustained period of running. For more experienced runners this intensity will likely be close to marathon pace (if known) but essentially a little slower than half marathon pace. For less conditioned / experienced runners & this zone/intensity might actually be your half marathon pace. |
| Tempo running | 83% to 87% | Will feel somewhat challenging in terms of effort & conversation somewhat difficult. Training usual comes in the form of a sustained run with approx 15-30mins at this zone (following a good warm up). Experienced runners (& those likely to run in the region of 1hr45 or quicker for the half marathon) this zone will be closely related to your half marathon pace. |
| Aerobic power running | 88 to 92% | Training at this intensity will be fairly hard and conversation difficult. For many runners this be around 10km or a little faster, perhaps closer to 5km pace for those less experienced and involves repeated efforts of a few minutes and longer off short recoveries. Less experienced runners should look to finish these with plenty more to give after where possible. |
| capacity / (high(er) intensity intervals | 93 to 100%+ | Usually intervals/repeated efforts at or faster than 5km pace. More challenging again than the previous zones usually in the form intervals lasting in the region of a few minutes or less with short to equal duration recovery breaks. Less experienced runners should approach with caution & complete sessions with more to give rather than on their limit. A thorough warm up before running at this intensity is very important. |

These zones provide a rough guide to some of the types pf training & intensity/effort associated with our schedules, they should be used more as guide and worth noting that anything new should be built in gradually.

Conditioning (listed on this schedule) refers to exercise which build the strength in muscles, tendons in such area's like as feet, ankles, legs, hips, trunk muscles etc. Everyones needs within this area are different but as a newcomer to running things which improve how you move, improve how stability you when moving and indeed how effecient that movement is will all help reduce both the risk of injury and prepared your body for the rigors of running.

**Before each of these above listed Wednesday sessions perform a short warm up jog of approx 10mins (very easy) jog followed by the beginners mobility exercises & plus 3-4 x 50-60metre short efforts (aka pick up runs) with walk back recovery. A short 5min cool down afterwards is also recommended.*