

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.

Wks beg	Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
15th to 21st Jun	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
22nd to 28th Jun	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 <i>or swap with Friday run to incorporate run into Parkrun</i>	Long run: 7miles
29th Jun to 5th Jul	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
6rd to 12th Jul	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
13th to 19th Jul	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

20th to 26th Jul	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
27th Jul to 2nd Aug	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
3rd to 9th Aug	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 week of 6rd to 12th Jul)	complete rest day	50-60' very easy
10th to 16th Aug	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
17th to 23rd Aug	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

24th to 30th Aug	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
31st Aug to 6th Sept	1	Rest or light conditioning	20min very easy or optional rest day	*w/up routine followed by 10 x 1min efforts a little easier/more relaxed this week ahead of race on Sunday. All off 1min rest/recovery.	complete rest day	30mins very easy jog	complete rest day	Half marathon

LMR guide to 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.
Aerobic 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.*