

INTERMEDIATE TRAINING PLAN

**Intermediate Runner:
Finish 2hrs 10mins**



THE UK'S MOST PICTURESQUE HALF MARATHON

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	60 - 70 mins light fartlek	45 - 60 mins easy	30 mins easy	Rest	25 - 30 mins gradual acceleration run	45 - 60 mins easy
2	Rest	60 - 70 mins light fartlek	45 - 60 mins easy	30 mins easy	Rest	30 - 35 mins gradual acceleration run	45 - 60 mins easy
3	Rest	60 - 70 mins light fartlek	65 - 75 mins easy	30 mins easy	Rest	35 - 40 mins gradual acceleration run	75 - 85 mins easy
4	Rest	10 mins warm up then 10 mins warm down. 5 x (2 mins hard 2 mins recovery)	60 - 70 mins over hills at steady pace	35 mins	Rest	20 mins. Easy	75 - 85 mins easy
5	Rest	10 mins warm up then 10 mins warm down. 60 - 70 mins light fartlek	75 - 90 mins easy	10 mins warm up and 10 mins warm down. 6 x (2 mins. Hard and 2 mins. Jog recovery)	Rest	10 mins easy 10 mins fast 10 mins easy	10k race or time trial
6	Rest	10 mins warm up then 10 mins warm down. 5 x (3 mins. Hard with 2 mins. Jog recovery)	Easy 35 mins	Easy 30 mins with strides	Rest	35 - 40 mins. Fartlek	85 - 100 mins easy
7	Rest	10 mins warm up then 10 mins warm down. 5 x (4 mins. Hard with 3 mins. Jog recovery)	Easy 40 mins	30 - 40 mins. Light fartlek	Rest	30 - 40 mins easy 30 - 40 mins quite fast	1hr 50 mins - 2hrs easy
8	Rest	10 mins warm up then 10 mins warm down. 5 x (5 mins hard with 3 mins jog recovery)	Easy 40 - 45 mins	30 mins easy 8 mins fast 30 mins easy	Rest	45 - 50 mins over hills	1hr 50 mins - 2hrs easy
9	Rest	10 mins warm up then 10 mins warm down. 5 x (3 mins hard with 2 mins jog recovery)	Easy 35 mins	Easy 35 mins with strides	Rest	35 - 40 mins fartlek	10k race or time trial
10	Rest	10 mins warm up then 10 mins warm down. 2 sets 4 x (3 mins hard 2 mins recovery)	75 - 85 mins easy	30 mins easy	Rest	Rest or light jog	1hr 50 mins - 2hrs 25 easy
11	Rest	85 - 100 mins easy	1hr 50 - 2hrs easy	40 mins easy	Rest	35 mins easy 45 mins at 80% 35 mins easy	10k race or time trial
12	Rest	3 x (4 mins hard with 3 mins recovery)	Rest or easy 40 mins	20 - 25 mins easy	Rest	Rest or jog	RACE DAY

IT IS IMPORTANT THAT YOU FOLLOW A STRETCHING PROGRAMME AND ENSURE THAT YOU ARE PROPERLY WARMED UP PARTICULARLY BEFORE THE HARDER SESSIONS. E.G. WEEK 2 TUESDAY. 5 - 10MINS JOGGING WOULD SUFFICE.

WWW.RUNWINDSOR.COM

