

# Half Marathon Intermediate Training Program

**Legend:** w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

This is a 16 week program with week 1 being the event week.

<b>Week 4</b>	<b>Week 3</b>	<b>Week 2</b>	<b>Week 1</b>
Monday 50min jog	Monday 50min jog	Monday 50min jog	Monday 50min jog
_____	_____	_____	_____
_____	_____	_____	_____
Tuesday 10min jog w/u (20min effort, 5min jog) X2 10min Jog c/d	Tuesday 10min jog w/u (20min effort, 5min jog) X2 10min Jog c/d	Tuesday 15min jog w/u (10min effort, 2min jog) X 3 15min Jog c/d	Tuesday 15min jog w/u (20min effort) 15min Jog c/d
_____	_____	_____	_____
_____	_____	_____	_____
Wednesday	Wednesday	Wednesday	Wednesday
_____	_____	_____	_____
_____	_____	_____	_____
Thursday 60min jog (hilly course)	Thursday 60min run (hilly course)	Thursday 60min run (hilly course)	Thursday 40min jog easy
_____	_____	_____	_____
_____	_____	_____	_____
Friday	Friday	Friday	Friday 30min jog easy
_____	_____	_____	_____
_____	_____	_____	_____
Saturday 10min jog w/u 40min run 10min Jog c/d	Saturday 15min jog w/u 45min run 15min Jog c/d	Saturday 10min jog w/u 60min run 10min Jog c/d	Saturday Light 10min jog and stretches
_____	_____	_____	_____
_____	_____	_____	_____
Sunday 100min jog	Sunday 100min jog	Sunday 100min jog	Sunday Melbourne Marathon Light 10min jog and stretches Half Mara Race GOOD LUCK
_____	_____	_____	_____
_____	_____	_____	_____

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Week 8		Week 7		Week 6		Week 5	
Monday	40min jog	Monday	40min jog	Monday	40min jog	Monday	40min jog
Tuesday	15min jog w/u (5min effort, 2min jog) X4 15min Jog c/d	Tuesday	10min jog w/u (10min effort, 2min jog) X3 10min Jog c/d	Tuesday	10min jog w/u (15min effort, 5min jog) X2 10min Jog c/d	Tuesday	10min jog w/u (20min effort, 5min jog) X2 10min Jog c/d
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	45min jog (hilly course)	Thursday	50min jog (hilly course)	Thursday	50min jog (hilly course)	Thursday	50min jog (hilly course)
Friday		Friday		Friday		Friday	
Saturday	10min jog w/u 30min run 10min Jog c/d	Saturday	10min jog w/u 40min run 10min Jog c/d	Saturday	10min jog w/u 40min run 10min Jog c/d	Saturday	10min jog w/u 40min run 10min Jog c/d
Sunday	75min jog	Sunday	75min jog	Sunday	90min jog	Sunday	90min jog



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## Week 16

Monday

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Tuesday 10min walk w/u  
10min jog, 2min walk, 10min jog  
10min walk c/d

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Wednesday

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Thursday 10min walk w/u  
15min jog  
10min walk c/d

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Friday

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Saturday 10min walk w/u  
10min jog, 2min walk, 10min jog  
10min walk c/d

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Sunday

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## Week 15

Monday

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Tuesday 10min walk w/u  
15min jog, 2min walk, 10min jog  
10min walk c/d

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Wednesday

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Thursday 10min walk w/u  
20min jog  
10min walk c/d

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Friday

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Saturday 10min walk w/u  
15min jog, 2min walk, 10min jog  
15min walk c/d

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Sunday

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## Week 14

Monday 10min walk w/u  
20min jog  
10min walk c/d

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Tuesday 5min walk w/u  
15min jog, 5min walk, 15min jog  
5min walk c/d

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Wednesday

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Thursday 5min walk w/u  
25min jog  
5min walk c/d

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Friday

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Saturday 5min jog w/u  
15min run  
5min jog c/d

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Sunday

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## Week 13

Monday 25min jog

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Tuesday 10min jog w/u  
10min run  
10min Jog c/d

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Wednesday

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Thursday 30min jog

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Friday

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Saturday 10min jog w/u  
15min run  
5min Jog c/d

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Sunday 35min jog

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