

INTERMEDIATE 12-WEEK HALF MARATHON TRAINING GUIDE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 MAY 2 ☐	X-Train 45-60mins	Easy 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 40mins	Rest	Rest	Easy 50mins
2 0 ☐	X-Train 45-60mins	Tempo 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 3 x 2min hills/jog recovery	Rest	Total 40mins 20mins out and back -ve split	Easy 65mins
3 JU1 ☐	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 50mins	Rest	Rest	Easy 80mins or 10km race <i>Practice nutrition/hydration</i>
4 JUN 1 ☐	X-Train or Rest if you raced Recovery week	Easy 60mins Free Tuesday Training Alex Surf Club	Rest	Total 40mins 20mins out and back -ve split	Rest	Easy 30mins	Total 50mins 25mins out and back -ve split
5 JUN 2 ☐	X-Train 45-60mins	Undulating 50mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 8 x 60sec race pace efforts 30sec jog recovery	Rest	Rest	Easy 90mins <i>Practice race day outfit</i>
6 JUN 2 ☐	X-Train 45-60mins	Tempo 60mins Free Tuesday Training Alex Surf Club	Rest	Total 55mins Incl 4 x 2min hills/jog recovery	Rest	Total 40mins 20mins out and back -ve split	Easy 80mins
7 JUL ☐	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 50mins	Rest	Rest	Easy 100mins <i>Test race day shoes + clothing</i>
8 JUL 1 ☐	X-Train 45-60mins Recovery week	Easy 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins 25mins out and back -ve split	Rest	Easy 30mins	Easy 90mins
9 JUL ☐	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 45mins	Rest	Rest	Easy 2hrs Race pace last 10mins <i>Test race day everything</i>
10 JUL 2 ☐	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 8 x 90sec race pace efforts 60sec jog recovery	Rest	Rest	Easy 90mins
11 AUG ☐	Rest	Flat 50mins Free Tuesday Training Alex Surf Club	Rest	Total 55mins Incl 5 x 2min hills/jog recovery	Rest	Rest	Easy 60mins
12 AUG ☐	Rest Recovery week	Easy 40mins Free Tuesday Training Alex Surf Club	Rest	Total 30mins Incl 4 x 30sec above race pace efforts	Rest	Easy 15mins	RACE DAY