# **INTERMEDIATE 1/2 MARATHON - 4 DAYS - 16 WEEKS**

#### **DAILY WARM UP**

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

MONDAY	TUESDAY	WEDNESDAY	WEEK 1 THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K EASY	R	5K EASY	4K TEMPO	R	8K LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 2 THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K EASY	R	6K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	8K LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 3 THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K EASY	R	6K EASY	5K TEMPO	R	10K LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 4 THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K EASY	R	6K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	11K LONG RUN	R

Run Buzz

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

### **INTERMEDIATE HALF MARATHON - 4 DAYS - 16 WEEKS**

**DAILY WARM UP** 

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

MONDAY	TUESDAY	WEDNESDAY	WEEK 5 THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K RECOVERY	R	6K EASY	5K TEMPO	R	13K LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 6 THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K RECOVERY	R	6K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	10K LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 7 THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K RECOVERY	R	6K EASY	6K TEMPO	R	14K LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 8 THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	8K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	14K PROGRESSIVE LONG RUN	R

Run Buzz

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

## **INTERMEDIATE 1/2 MARATHON - 4 DAYS - 16 WEEKS**

#### **DAILY WARM UP**

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

MONDAY	TUESDAY	WEDNESDAY	WEEK 9 THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	8K EASY	6K TEMPO	R	16K LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 10 THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	8K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	13K LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 11 THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	8K EASY	6K TEMPO	R	16K PROGRESSIVE LONG RUN	R
MONDAY	TUESDAY	WEDNESDAY	WEEK 12 THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	10K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	19K LONG RUN	R

Run Buzz

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

## **INTERMEDIATE 1/2 MARATHON - 4 DAYS - 16 WEEKS**

**DAILY WARM UP** 

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

MONDAY	THECDAY	WEDNESDAY	WEEK 13	EDIDAY	CATUDDAY	CUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K	R	11K EASY	8K TEMPO	R	22K LONG RUN	R
RECOVERY		LAST	TEMI O		LONG RON	
			\\/EE\/.1/			
MONDAY	TUESDAY	WEDNESDAY	WEEK 14 THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAT	IOLODAI	WEDNESDAT	6X400		SATORDAT	SONDAT
6K	R	11K	PASSIVE	R	20K	R
RECOVERY	K	EASY	INTERVALS WITH	K	LONG RUN	K
			STRIDES			
			MEEK 15			
			<b>WEEK 15</b>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY		FRIDAY	SATURDAY	SUNDAY
5K		10K	THURSDAY 5K		11K	)
	TUESDAY		THURSDAY	FRIDAY		SUNDAY
5K		10K	THURSDAY 5K		11K	)
5K RECOVERY	R	10K EASY	5K TEMPO	R	11K LONG RUN	R
5K		10K	THURSDAY  5K TEMPO		11K	)
5K RECOVERY	R	10K EASY	5K TEMPO	R	11K LONG RUN	R
5K RECOVERY	R	10K EASY WEDNESDAY	5K TEMPO	R	11K LONG RUN	R
5K RECOVERY MONDAY	R	10K EASY WEDNESDAY	5K TEMPO  WEEK 16 THURSDAY	R	11K LONG RUN	R

Run Buzz

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness