

Intermediate Half Marathon Training Guide

Welcome to Leggit's Half Marathon Training Programme for Intermediate runners.

If you're already familiar with running a half marathon distance however are looking to improve your times and stamina, or are finding that the beginners programmes you were using just aren't challenging enough for you; it may be time for you to move into an intermediate training programme.

Leggit's 12 week programme has been designed for intermediate runners looking to give themselves that extra push to improve their times when running a half marathon. Following this programme should help you to run a half marathon distance in less than two hours – approx 1 hour 50 minutes.

Now all that's left for you to do... is to get started!!

The Leggit training guides are written and recommended by qualified personal trainers. If you have any enquiries regarding this, or any other programmes featured on leggit.co.uk, please email us at training@leggit.co.uk and mark your email as high importance.

This programme was written by Pete Morton of Summit Personal Training, Bristol. REPs Number R0031850

Intermediate Half Marathon Training Guide

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	3 miles Easy Pace		5K Hard Pace		Rest		5-6 miles Easy Pace
2	3 miles Easy Pace		5K Hard Pace		Rest		5-6 miles Easy Pace
3	4 miles Easy Pace		20min Tempo Run*		Rest		6-7 miles Easy Pace

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.

Intermediate Half Marathon Training Guide

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
4	4 miles Easy Pace		30min Tempo Run*		5mins Hard 2mins Easy x4		7-8 miles Easy Pace
5	5 miles Easy Pace		30min Tempo Run*		5mins Hard 2mins Easy x4		7-8 miles Easy Pace
6	5 miles Easy Pace		40min Tempo Run*		6mins Hard 2mins Easy x4		8-9 miles Easy Pace

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.

Intermediate Half Marathon Training Guide

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7	6 miles Easy Pace		40min Tempo Run*		6mins Hard 2mins Easy x4		10 miles Easy Pace
8	6 miles Easy Pace		50min Tempo Run*		7mins Hard 3mins Easy x3		10 miles Easy Pace
9	6 miles Easy Pace		50min Tempo Run*		7mins Hard 3mins Easy x3		10-11miles Easy Pace

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.

Intermediate Half Marathon Training Guide

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
10	7 miles Easy Pace		40min Tempo Run*		Rest		11-13miles Easy Pace
11	5 miles Easy Pace		30min Tempo Run*		Rest		8-9miles Easy Pace
12	3 miles Easy Pace		3miles Easy Pace		Rest		RACE!

*A Tempo run = 1st Quarter - Easy Pace / 2nd Quarter - Medium Pace / 3rd Quarter - Medium-Hard Pace / 4th Quarter - Hard Pace.