12-Week Half Marathon Training Program -- Intermediate

By Mario Fraioli

*Note: Before beginning this training program, a runner should be able to comfortably complete a 5-mile run without stopping.

Terms Defined:

- Easy: Run a comfortable, conversational pace. Rest: No running or activity. Let your body recover between training sessions.
- Strides: A series of 20-second accelerations completed after a run at slightly faster than 5K race pace.
- X-training, or cross-training: Alternative aerobic exercise of 30 to 60 minutes in duration in the form of swimming, spinning, elliptical, or weight training.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
1	4 miles easy	Rest or x-training	Intervals: 2-mile warmup, 8 x ¼ mile @ 5K race pace w/1:30 recovery between intervals, 1 mile cooldown	Rest or x-training	4 miles easy + 6 x 20-second strides	Rest or x-training	5 miles easy	18
2	4 miles easy	Rest or x-training	5 miles easy	Rest or x-training	5 miles easy + 6 x 20-second strides	Rest or x-training	6 miles w/last 2 miles run at goal ½ marathon race pace	20

3	4 miles easy	Rest or x-training	Tempo Run: 2-mile warmup, 2 miles at 10K race pace, 1 mile cooldown	Rest or x-training	5 miles easy + 6 x 20-second strides	Rest or x-training	7 miles easy	21
4	5 miles easy	Rest or x-training	5 miles easy	Rest or x-training	6 miles easy + 6 x 20-second strides	Rest or x-training	8 miles w/last 3 miles run at goal ½ marathon race pace	24
5	5 miles easy	Rest or x-training	Hill Repeats: 2-mile warmup, 8 x 1:00 hill repeats at hard effort w/2:00 recovery between repeats, 1-mile cooldown	Rest or x-training	6 miles easy + 6 x 20-second strides	Rest or x-training	9 miles easy	25
6	5 miles easy	Rest or x-training	6 miles easy	Rest or x-training	7 miles easy + 6 x 20-second strides	Rest or x-training	10 miles w/last 4 miles run at goal ½ marathon race pace	28

7	5 miles easy	Rest or x-training	Intervals: 2-mile warmup, 6 x ½ mile @ 5K race pace w/2:00 recovery between intervals, 1-mile cooldown	Rest or x-training	7 miles easy + 6 x 20-second strides	Rest or x-training	11 miles easy	29
8	5 miles easy	Rest or x-training	6 miles easy	Rest or x-training	7 miles easy + 6 x 20-second strides	Rest or x-training	12 miles w/last 6 run at goal ½ marathon race pace	30
9	5 miles easy	Rest or x-training	Tempo Run: 2-mile warmup, 3 miles @ 10K race pace, 2-mile cooldown	Rest or x-training	8 miles easy + 6 x 20-second strides	Rest or x-training	13 miles easy	33
10	5 miles easy	Rest or x-training	9 miles easy	Rest or x-training	7 miles easy + 6 x 20-second strides	Rest or x-training	14 miles w/last 8 run at goal ½ marathon race pace	35
11	5 miles easy	Rest or x-training	Intervals: 2-mile	Rest or x-training	6 miles easy + 6 x 20-	Rest or x-traini	10 miles easy	29

			warmup, 4 x 1 mile @ 5K race pace w/3:00 recovery between intervals, 2-mile cooldown		second strides	ng		
12	5 miles easy	Rest or x-training	7 miles w/last 3 @ goal ½ marathon race pace	Rest or x-training	5 miles easy + 6 x 20-second strides	Rest or x-training	4 miles easy	21
	RACE DAY!							