



INTERMEDIATE

HALF MARATHON TRAINING

13 WEEK GUIDE

RUN4PRS

PERFECT FOR ATHLETE CURRENTLY RUNNING 20-25 MILES PER WEEK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	5 MI TEMPO 1 MI EASY WARM UP 3 X 1 MI @ TEMPO PACE WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	4 MI EASY	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	7 MI EASY FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	5 MI TEMPO 1.5 MI EASY WARM UP 3 MILE TEMPO PACE COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	5 MI EASY	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	8 MI EASY FIND A HILLY ROUTE EASY CONVERSATIONAL PACE PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	6 MI PROGRESSION START AN EASY PACE & PICK UP THE PACE EVERY MILE FOR 5 MILES ENDING AROUND 10K EFFORT COOL DOWN 1 MILE	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	8 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	9 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	6 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	6 MI EASY	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	9 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	7 MI SPEED 2 MI EASY WARM UP 6 X 2 MIN AT 10K EFFORT WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	10 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	4 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	6 MI HILLS 2 MI EASY WARM UP 8 X 30 SEC HILL HARD EFFORT WITH WALK/JOE DOWN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	6 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	7 MI SPEED 2 MI EASY WARM UP 6 X 2 MIN AT 10K EFFORT WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	11 MI EASY VERY EASY PACE! FIND A HILLY ROUTE PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	6 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	8 MI TEMPO 1 MI EASY WARM UP 4 X 1 MI @ TEMPO WITH 2-3 MIN JOG BETWEEN COOL DOWN TO 8
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	7 MI HILLS 2 MI EASY WARM UP 8 X 30 SEC HILL HARD EFFORT WITH WALK/JOE DOWN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	12 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	7 MI STEADY RUN THIS ENTIRE RUN A LITTLE FASTER THAN EASY PACE GETTING CLOSE TO GOAL MARATHON PACE	REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	10 MI TEMPO FIRST 5 MILES EASY LAST 5 MILES AT A HARDER EFFORT
REST Foam roll, epsom salt bath & stretch	5 MI EASY	6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	6 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	<i>OPTIONAL DAY:</i> AEROBIC CROSS TRAIN 30-45 MIN LOW EFFORT LOW HEART RATE <small>*ONLY IF YOU FEEL GOOD</small>	8 MI EASY START VERY SLOW AND FINISH FASTER PRACTICE FUELING AND HYDRATION
REST Foam roll, epsom salt bath & stretch	5 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	5 MI SPEED 2 MI EASY WARM UP 6 X 2 MIN AT 10K EFFORT WITH 2 MIN EASY JOG BETWEEN COOL DOWN EASY PACE	REST Foam roll, epsom salt bath & stretch	3 MI EASY 4 X 20 SEC STRIDES 'HARD RUNNING' WITH 90 SEC EASY BETWEEN DURING LAST MILE	REST Foam roll, epsom salt bath & stretch	HALF MARATHON!