CoachJenny.com

HALF MARATHON INTERMEDIATE RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run-Speed	Cross-Train +ST	Rest/Run	Run-Endurance	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Challenging	Moderate Effort	Easy Effort	Easy-to-Moderate Effort	
i-RATE SCALE	6 - 7	7+	8 - 9	7+	6 - 7	6 - 7+	
HEART RATE	65 - 75%	70 - 75%	80 - 90%	70 - 75%	65 - 75%	70 - 75%	
WEEK 1	45 minutes	45-60 minutes	50 minutes Easy Pace	45-60 minutes	40 minutes	7 miles	Rest
WEEK 2	45 minutes	45-60 minutes	50 minutes Easy Pace	45-60 minutes	40 minutes	8 miles	Rest
WEEK 3	45 minutes	45-60 minutes	50 minutes Easy Pace - Pickups	45-60 minutes	40 minutes	9 miles	Rest
WEEK 4	45 minutes	45 minutes	60 minutes Easy Pace - Pickups	45 minutes	30 minutes	6 miles	Rest
WEEK 5	45 minutes	45-60 minutes	60 minutes Easy Pace - Pickups	45-60 minutes	40 minutes	10 miles	Rest
WEEK 6	50 minutes	45-60 minutes	60 minutes Easy Pace - Pickups	45-60 minutes	40 minutes	11 miles	Rest
WEEK 7	45 minutes	45 minutes	Tempo A	45 minutes	30 minutes	7 miles [Race Pace Run]	Rest
WEEK 8	50 minutes	45-60 minutes	Tempo A	45-60 minutes	40 minutes	12 miles	Rest
WEEK 9	50 minutes	45-60 minutes	Tempo B	45-60 minutes	40 minutes	13 miles	Rest
WEEK 10	45 minutes	45 minutes	Tempo B	45 minutes	30 minutes	8 miles [Race Pace Run]	Rest
WEEK 11	50 minutes	45-60 minutes	Tempo C	45-60 minutes	40 minutes	14 miles	Rest
WEEK 12	45 minutes	45-60 minutes	Tempo C	45-60 minutes	40 minutes	10 miles	Rest
WEEK 13	45 minutes	40 minutes	Tempo C	40 minutes	30 minutes	6 miles [Race Pace Run]	Rest
WEEK 14	40 minutes	Rest	30 minutes Pickups	Rest	Rest	15-20 minutes	**Race Day**
RECOVERY WEEK 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	4 miles	Rest
RECOVERY WEEK 2	40 minutes	Cross-Train 30 min	40 minutes	Cross-Train 30 min	Rest	6 miles	Rest
RECOVERY WEEK 3	45 minutes	Cross-Train 40 min	45 minutes	Cross-Train 40 min	30 minutes	7 miles	Rest
RECOVERY WEEK 4	50 minutes	Cross-Train 40 min	50 minutes	Cross-Train 40 min	35 minutes	7 miles	Rest