



Intermediate Half Marathon Training Program

The Intermediate Program is best suited for those who have been running at least 3-4 times per week for 5-8 miles for at least six months. If you are running less consider the Beginning level program.

DAY MODE INTENSITY I-RATE SYSTEM HEART RATE	Monday Run Easy Effort 6-7 65-75%	Tuesday Cross-Training +ST Moderate Effort 7+ 70-75%	Wednesday Run-Speed Challenging 8-9 80-90%	Thursday Cross-Training +ST Moderate Effort 7+ 70-75%	Friday Run Easy Effort 6-7 65-75%	Saturday Run-Endurance Easy-to-Moderate Effort 7+ 70-75%	Sunday Rest Day)
WEEK 1 March 04, 2012	45 minutes	45-60 minutes	50 minutes Easy Pace	45-60 minutes	40 minutes	7 miles	Rest
WEEK 2 March 11, 2012	45 minutes	45-60 minutes	50 minutes Easy Pace	45-60 minutes	40 minutes	8 miles	Rest
WEEK 3 March 18, 2012	45 minutes	45-60 minutes	50 minutes Easy Pace Pickups	45-60 minutes	40 minutes	9 miles	Rest
WEEK 4 March 25, 2012	45 minutes	45 minutes	60 minutes Easy Pace Pickups	45 minutes	30 minutes	6 miles	Rest
WEEK 5 April 01, 2012	45 minutes	45-60 minutes	60 minutes Easy Pace Pickups	45-60 minutes	40 minutes	10 miles	Rest
WEEK 6 April 08, 2012	50 minutes	45-60 minutes	60 minutes Easy Pace Pickups	45-60 minutes	40 minutes	11 miles	Rest
WEEK 7 April 15, 2012	45 minutes	45 minutes	<i>Tempo A</i>	45 minutes	30 minutes	7 miles [Race Pace Run]	Rest
WEEK 8 April 22, 2012	50 minutes	45-60 minutes	<i>Tempo A</i>	45-60 minutes	40 minutes	12 miles	Rest
WEEK 9 April 29, 2012	50 minutes	45-60 minutes	<i>Tempo B</i>	45-60 minutes	40 minutes	13 miles	Rest

WEEK 10 May 06, 2012	45 minutes	45 minutes	<i>Tempo B</i>	45 minutes	30 minutes	8 miles [Race Pace Run]	Rest
WEEK 11 May 13, 2012	50 minutes	45-60 minutes	<i>Tempo C</i>	45-60 minutes	40 minutes	14 miles	Rest
WEEK 12 May 20, 2012	45 minutes	45-60 minutes	<i>Tempo C</i>	45-60 minutes	40 minutes	10 miles	Rest
WEEK 13 May 27, 2012	45 minutes	40 minutes	<i>Tempo C</i>	40 minutes	30 minutes	6 miles [Race Pace Run]	Rest
WEEK 14 June 03, 2012	40 minutes	Rest	30 minutes <i>Pickups</i>	Rest	Rest	Hospital Hill Run Half Marathon	Rest
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

Warm-up: walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Heart Rate= Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-Rate= Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level.

Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Conversational Pace= Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Easy Pace: Easy to moderate pace at 65-75% of maximum heart rate or an iRate level of 6-7. A pace you could go at for along time easily.

Moderate Pace: Moderate pace at 70-80% of maximum heart rate or an iRate level of 7+. A pace where you can hear your breathing, but not breathing hard.

Endurance Run= The Endurance Run should be at a slow, and comfortable-conversational pace. You should be at a pace to hold a conversation easily.

Heart rate zone of 65-75% of maximum or I-Rate of 6-7.

Race Pace Run= Run the first half of the scheduled miles at your easy, endurance pace and then gradually increase the speed gradually to planned half marathon pace for the second half. This is a great way to train mentally for the race and teach your body the pace needed on race day. The key is to run AT race pace and no faster.