



Now is the time to train!

21.1km Half Marathon Intermediate Training Plan

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|-----------------|---|---|---|----------|--|-----------|
| 1 6/5/19 - 12/5/19 | 30 Minutes Easy | Rest Day | 15 Minute Warm Up, Mona Fartlek, 15 Minute Cool Down | 35 Minutes Easy with 5 x 25 Seconds Strides | Rest Day | 15 Minute Warm Up, 3 x 10 Minutes at HM Pace with 3 Minute Jog Recovery, 15 Minute Cool Down | 19km Easy |
| 2 13/5/19 - 19/5/19 | Rest Day | 35 Minutes Easy with 5 x 25 Seconds Strides | 15 Minute Warm Up, 6 x 1km with 1 Minute Jog Recovery, 15 Minute Cool Down | 35 Minutes Easy with 4 x 30 Seconds Strides | Rest Day | 15 Minute Warm Up, 8 x 400m with 200m Float Recovery, 15 Minute Cool Down | 20km Easy |
| 3 20/5/19 - 26/5/19 | Rest Day | 35 Minutes Easy with 5 x 30 Seconds Strides | 15 Minute Warm Up, 6k@HM Pace into 3km @10km Pace, 15 Minute Cool Down | 35 Minutes Easy with 4 x 25 Seconds Strides | Rest Day | 15 Minute Warm Up, 6 x 800m with 200m Float Recovery, 15 Minute Cool Down | 20km Easy |
| 4 27/5/19 - 2/6/19 | Rest Day | 30 Minutes Easy | 10 Minute Warm Up, 10 x 20 Seconds Strides with 40 Seconds Walk Recovery, 10 Minute Cool Down | 35 Minutes Easy with 6 x 30 Seconds Strides | Rest Day | 15 Minute Warm Up, 4 x 1600m with 400m Float Recovery, 15 Minute Cool Down | 18km Easy |

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| 5 3/6/19 - 9/6/19 | Rest Day | 35 Minutes Easy with 6 x 25 Seconds Strides | 15 Minute Warm Up, 30 Minutes at 3-5 Seconds below HM Pace, 15 Minute Cool Down | 40 Minutes Easy with 4 x 30 Seconds Strides | Rest Day | 15 Minute Warm Up, 5km Time Trial, 15 Minute Cool Down | 21km Easy |
| 6 10/6/19 - 16/6/19 | Rest Day | 40 Minutes Easy with 6 x 20 Seconds Strides | 15 Minute Warm Up, 7 x 1km with 1 Minute Jog Recovery, 15 Minute Cool Down | Minutes Easy with 4 x 30 Seconds Strides | Rest Day | 12 Minute Warm Up, 7k@HM Pace into 3km @10km Pace, 12 Minute Cool Down | 22km Easy |
| 7 17/6/19 - 23/6/19 | Rest Day | 40 Minutes Easy with 5 x 25 Seconds Strides | 15 Minute Warm Up, Mona Fartlek, 15 Minute Cool Down | 45 Minutes Easy with 6 x 20 Seconds Strides | Rest Day | 15 Minute Warm Up, 4 x 8 Minutes at HM Pace with 3 minute Jog Recovery, 15 Minute Cool Down | 23km Easy |
| 8 24/6/19 - 30/6/19 | Rest Day | 35 Minutes Easy | 10 Minute Warm Up, 10 x 20 Seconds Strides with 40 Seconds Walk Recovery, 10 Minute Cool Down | 35 Minutes Easy with 6 x 20 Seconds Strides | Rest Day | 15 Minute Warm Up, 7 x 800m with 200m Float Recovery, 12 Minute Cool Down | 20km Easy |

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| 9 1/7/19 - 7/7/19 | Rest Day | 40 Minutes Easy with 5 x 30 Seconds Strides | 15 Minute Warm Up, 8k@HM Pace into 3km @10km Pace, 15 Minute Cool Down | 40 Minutes Easy with 5 x 30 Seconds Strides | Rest Day | 15 Minute Warm Up, 8 x 400m with 200m Float Recovery, 12 Minute Cool Down | 22km Easy |
| 10 8/7/19 - 14/7/19 | Rest Day | 40 Minutes Easy with 5 x 30 Seconds Strides | 15 Minute Warm Up, 3 x 12 Minutes at HM Pace with 3 minute Jog Recovery, 15 Minute Cool Down | 45 Minutes Easy with 6 x 20 Seconds Strides | Rest Day | 15 Minute Warm Up, 10km Time Trial, 12 Minute Cool Down | 23km Easy |
| 11 15/7/19 - 21/7/19 | Rest Day | 45 Minutes Easy with 5 x 30 Seconds Strides | 15 Minute Warm Up, 8 x 1km with 1 Minute Jog Recovery, 12 Minute Cool Down | 45 Minutes Easy with 6 x 20 Seconds Strides | Rest Day | 15 Minute Warm Up, 8 x 800m with 200m Float Recovery, 12 Minute Cool Down | 23km Easy |
| 12 22/7/19 - 28/7/19 | Rest Day | 40 Minutes Easy | 10 Minute Warm Up, 10 x 20 Seconds Strides with 40 Seconds Walk Recovery, 10 Minute Cool Down | 40 Minutes Easy with 3 x 30 Seconds Strides | Rest Day | 15 Minute Warm Up, 9k@HM Pace into 3km @10km Pace, 15 Minute Cool Down | 21km Easy |

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| 13 29/7/19 - 4/8/19 | Rest Day | 45 Minutes Easy with 6 x 20 Seconds Strides | 15 Minute Warm Up, 40 Minutes at 3-5 Seconds below HM Pace, 12 Minute Cool Down | 40 Minutes Easy with 6 x 25 Seconds Strides | Rest Day | 15 Minute Warm Up, 4 x 10 Minutes at HM Pace with 3 minute Jog Recovery, 12 Minute Cool Down | 23km Easy |
| 14 5/8/19 - 11/8/19 | Rest Day | 45 Minutes Easy with 5 x 30 Seconds Strides | 15 Minute Warm Up, Mona Fartlek, 15 Minute Cool Down | 40 Minutes Easy with 6 x 20 Seconds Strides | Rest Day | 15 Minute Warm Up, 5 x 1600m with 400m Float Recovery, 15 Minute Cool Down | 20km Easy |
| 15 12/8/19 - 18/8/19 | Rest Day | 35 Minutes Easy with 4 x 30 Seconds Strides | 15 Minute Warm Up, 20 Minutes at 3-5 Seconds below HM Pace, 10 Minute Cool Down | 35 Minutes Easy with 6 x 20 Seconds Strides | Rest Day | 15 Minute Warm Up, 15 Minutes at 10k Pace. 10 Minute Cool Down | 18km Easy |
| 16 19/8/19 - 25/8/19 | Rest Day | 30 Minutes Easy with 4 x 30 Seconds Strides | 12 Minute Warm Up, 6 x 1 Minute @10k Pace with 1 Minute Jog Recovery, 10 Minute Cool Down | 25 Minutes Easy with 5 x 20 Seconds Strides | Rest Day | 10 Minute Warm Up. 10 x 20 Seconds Strides with 40 Seconds Walk Recovery, 10 Minute Cool Down | - Shepparton Running Festival - 21km Run |

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