# Half Marathon Training Plan: Intermediate Plus

This plan was created by our training partner Full Potential.

This plan is written for a runner already running 2 to 3 times a week, looking to break 2 hours for the half marathon. When starting any training plan, you need to be honest with yourself in setting a realistic training goal and following a training plan that is suitable for you. The plan you choose should be applicable to your current fitness level. It should also fit in with your availability to train each week. Think carefully about your work, family and social commitments. Whilst you want to challenge yourself, your training should always be enjoyable and not too hard, so you don’t go from session to session feeling fatigued. We wish you the best of luck with your training!

## Table 1: Week 1 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 30 minutes Conditioning Work  | 30 minutes Easy Run  | Rest Day | 10 minutes Warm Up, 5 x 3 minutes at Threshold effort with a 60 second recovery, 10 minutes Cool Down  | Rest Day | Rest Day | 60 minutes Easy Long Run  |

## Table 2: Week 2 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 30 minutes Conditioning Work  | 10 minutes Warm Up, 6 x 1 minute on (90%+ effort) with 1 minute Easy Jog Recovery, 10 minutes Cool Down  | 30 minutes Easy Cross Training / Gym Class | Rest Day | 30 minutes Easy Run  | Rest Day | 60 minutes Easy Long Run  |

## Table 3: Week 3 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 30 minutes Conditioning Work  | 30 minutes Easy Cross Training / Gym Class | 40 minutes Easy Run  | Rest Day | 10 minutes Warm Up, 6 x 3 minutes at Threshold effort with a 60 second recovery, 10 minutes Cool Down  | Rest Day | 60 minutes Easy Long Run  |

## Table 4: Week 4 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 30 minutes Conditioning Work  | 10 minutes Warm Up, 8 x 1:30 on (85-90% effort) with 1 minute Steady Jog Recovery, 10 minutes Cool Down  | Rest Day | 10 minutes Easy, 10 minutes Steady, 10 minutes Easy  | Rest Day | Rest Day | 60 minutes Easy Long Run  |

## Table 5: Week 5 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 30 minutes Conditioning Work  | Rest Day | 40 minutes Steady Undulating Run  | 30 minutes Easy Run  | 30 minutes Conditioning Work  | 10 minutes Warm Up, 4 x 6 minutes at Threshold effort over undulating terrain with a 90 second recovery, 10 minutes Cool Down  | 75 minutes Easy Long Run  |

## Table 6: Week 6 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 30 minutes Conditioning Work  | 10 minutes Warm Up, 5 x 4 minutes at Threshold effort with a 60 second recovery, 10 minutes Cool Down  | 30 minutes Easy Cross Training / Gym Class | Rest Day | 40 minutes Steady Run, include 1,2,3,2,1 minutes at 90% with a 60 second jog recovery in the middle  | Rest Day | 75 minutes Easy Long Run  |

## Table 7: Week 7 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 30 minutes Conditioning Work  | 45 minutes Easy Run  | Rest Day | 30 minutes Recovery Run | 30 minutes Easy Cross Training / Gym Class | 10 minutes Warm Up, 4 x 6 minutes at Threshold effort over undulating terrain with a 90 second recovery, 10 minutes Cool Down  | 75 minutes Easy Long Run  |

## Table 8: Week 8 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | Rest Day | 10 minutes Warm Up, 4 x 5 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down  | 30 minutes Easy Cross Training / Gym Class | 45 minutes Easy Run  | Rest Day | 90 minutes Easy Long Run  |

## Table 9: Week 9 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | 10 minutes Warm Up, 5 x 5 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down  | 30 minutes Easy Cross Training / Gym Class | Rest Day | 10 minutes Warm Up, 8 x 1:30 on (85-90% effort) with 1 minute Steady Jog Recovery, 10 minutes Cool Down  | Rest Day | 105 minutes Easy Long Run  |

## Table 10: Week 10 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | 10 minutes Warm Up, 5 x 6 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down  | 45 minutes Easy Cross Training / Gym Class | 35 minutes Steady Run  | 30 minutes Conditioning Work  | 10 minutes Warm Up, 6 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down  | 75 minutes Easy Long Run  |

## Table 11: Week 11 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | 30 minutes Easy Cross Training / Gym Class | 10 minutes Warm Up, 5 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | 30 minutes Easy Run  | Rest Day | **10km Race** |

## Table 12: Week 12 training (table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | 30 minutes Easy Cross Training / Gym Class | 10 minutes Warm Up, 6 x 5 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | 10 minutes Warm Up, 1,2,3,4,3,2,1 minutes at 90% (10km) effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | 120 minutes Easy Long Run  |

## Table 13: Week 13 Training (Table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | 30 minutes Easy Cross Training / Gym Class | 10 minutes Warm Up, 4 x 8 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | Rest Day | 30 minutes Easy Cross Training / Gym Class | 120 minutes Long Run - Pick up last 20 minutes to Half Marathon Pace  |

## Table 14: Week 14 Training (Table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | 10 minutes Warm Up, 5 x 6 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | 45 minutes Easy Cross Training / Gym Class | 10 minutes Warm Up, 6 x 4 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | 105 minutes Easy Long Run  |

## Table 15: Week 15 Training (Table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | Rest Day | 10 minutes Warm Up, 4 x 8 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | 10 minutes Warm Up, 6 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | 60 minutes Long Run - Pick up last 20 minutes to Half Marathon Pace  |

## Table 16: Week 16 Training (Table consists of 7 columns, 2 rows, header in row 1)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| 30 minutes Conditioning Work  | 10 minutes Warm Up, 4 x 3 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down  | Rest Day | 30 minutes Easy Run - include 6 x 1 minutes at 92% with a 60 second jog recovery in the middle  | Rest Day | 20 minutes Easy Run + Strides  | **Half Marathon** |

## Measuring Your Effort

It’s important that you run at the right effort level and intensity to ensure you’re training to reach your full potential. Most of us think that running “harder is better” so we end up running too quickly, which can result in feeling tired, illness or injury.

Understanding what each run is trying to achieve and how it should feel is the way to train smart, so here’s a guide, in the table on the next page, to the running sessions that you’ll find mentioned in the training plan and a note of how they should feel as a ‘talk test’.

## Table 17: Measuring your effort (table consists of 4 columns, 5 rows, header in row 1)

|  |  |  |  |
| --- | --- | --- | --- |
| **Type of Run** | **PERCEIVED EFFORT LEVEL (1-10)\*** | **HEART RATE** | **HOW IT SHOULD FEEL – “THE TALK TEST”** |
| Easy / Recovery Run | 6-6.5 | 65 - 70% | You can speak in complete sentences, totally conversational, you’re walking or running relaxed, enjoying it and not worrying about the watch |
| Steady Effort Run | 7-8 | 70 - 80% | You can speak in short sentences but have a slight pause on your breath. This can often be ‘no man’s land’ in training terms if this is all you do. |
| Threshold Effort Runs / Kenyan Hills | 8-8.5 | 80 - 85% | You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you’re working, we call this ‘controlled discomfort’ |
| Speed work | 8.5 and above | 85% plus | You can say only 2-3 words maximum and are out of breath but still know that you could do a little more if you had to |

## 20 to 30 minutes Conditioning Work

These are exercises designed to strengthen the body to prepare you for the volume of running.

Yoga, Pilates, Body Pump and Body Balance are great gym classes where you can do this work.

You can also check out the Full Potential YouTube page - [youtube.com/fullpotentialvideos](http://youtube.com/fullpotentialvideos)

One of the Apps we recommend is the Nike Training App. There are some great running specific workouts in there to check out:

* Runner Stability
* Runner Flexibility
* Run Ready Yoga
* Dynamic Restorative Yoga
* Leaner Legs 2.0
* Glute Toner
* Glutes to the max

We don’t like to be too prescriptive with these workouts, instead we want to offer a range of routines you could follow and do what interests you.

## Cross Training

Cross training is an opportunity to get the heart and lungs working without the impact from running.

You can get out for a bike ride or a walk, or go to the gym to do some cross training. If you fancy a class, this is the perfect opportunity to mix it up and do something different.