

Half Marathon Trainer

12-Week Intermediate Plan

VDOT 43 · Predicted finish: 1:43:06 · 85 workouts · 421 km total

Training Paces

| | | | |
|--------------------------|-------------------------|---------------------------|----------------------|
| EASY 6:07 | LONG RUN 6:17 | MARATHON 5:06 | TEMPO 4:47 |
| RACE PACE 4:53 | INTERVAL 4:29 | REPETITION 4:15 | |

Training Phases

| | |
|---------------|---------|
| Base Building | 3 weeks |
| Build Phase | 5 weeks |
| Peak Training | 2 weeks |
| Taper | 2 weeks |
| Race Week | 1 week |

Week 1 — Base Building — 25 km

Building Your Base

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|-----------|--------------------|----------|------|
| Tue | tempo run | Tempo Effort | 4 km | 4:47 |
| Wed | easy run | Easy Miles | 3.7 km | 6:07 |
| Thu | easy run | Relaxed Run | 3.7 km | 6:07 |
| Fri | rest | Rest Day | — | — |
| Sat | long run | Long Slow Distance | 10 km | 6:17 |
| Sun | rest | Day Off | — | — |

Week 2 — Base Building — 28 km

Aerobic Foundation

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|-----------|-------------------|----------|------|
| Mon | easy run | Relaxed Run | 4.2 km | 6:07 |
| Tue | tempo run | Threshold Run | 4.2 km | 4:47 |
| Wed | easy run | Zone 2 Run | 4.2 km | 6:07 |
| Thu | easy run | Easy Miles | 4.2 km | 6:07 |
| Fri | rest | Day Off | — | — |
| Sat | long run | Endurance Builder | 11.2 km | 6:17 |
| Sun | rest | Recovery Day | — | — |

Week 3 — Base Building — 31 km

Establishing Routine

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|-----------|------------------|----------|------|
| Mon | easy run | Easy Miles | 4.6 km | 6:07 |
| Tue | tempo run | Comfortably Hard | 4.6 km | 4:47 |
| Wed | easy run | Easy Run | 4.6 km | 6:07 |
| Thu | easy run | Zone 2 Run | 4.6 km | 6:07 |
| Fri | rest | Recovery Day | — | — |
| Sat | long run | Distance Day | 12.4 km | 6:17 |
| Sun | rest | Complete Rest | — | — |

Week 4 — Build Phase (Recovery) — 22 km

Building Endurance

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|----------|-----------------|----------|------|
| Mon | easy run | Zone 2 Run | 4.9 km | 6:07 |
| Tue | easy run | Easy Miles | 4.9 km | 6:07 |
| Wed | rest | Day Off | — | — |
| Thu | easy run | Easy Run | 4.9 km | 6:07 |
| Fri | rest | Complete Rest | — | — |
| Sat | long run | Weekly Long Run | 11 km | 6:17 |
| Sun | rest | Rest Day | — | — |

Week 5 — Build Phase — 34 km

Speed Development

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|--------------|--------------------|----------|------|
| Mon | easy run | Easy Run | 5.1 km | 6:07 |
| Tue | tempo run | Tempo Effort | 5.1 km | 4:47 |
| Wed | rest | Recovery Day | — | — |
| Thu | hill repeats | Hill Power | 4.1 km | 4:29 |
| Fri | rest | Rest Day | — | — |
| Sat | long run | Long Slow Distance | 13.6 km | 6:17 |
| Sun | easy run | Relaxed Run | 5.1 km | 6:07 |

Week 6 — Build Phase — 37 km

Strength Building

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|-----------|-------------------|----------|------|
| Mon | easy run | Relaxed Run | 5.6 km | 6:07 |
| Tue | tempo run | Threshold Run | 5.6 km | 4:47 |
| Wed | rest | Complete Rest | — | — |
| Thu | intervals | VO2max Intervals | 4.4 km | 4:29 |
| Fri | rest | Day Off | — | — |
| Sat | long run | Endurance Builder | 14.8 km | 6:17 |
| Sun | easy run | Easy Miles | 5.6 km | 6:07 |

Week 7 — Build Phase — 41 km

Pushing Boundaries

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|--------------|------------------|----------|------|
| Mon | easy run | Easy Miles | 6.1 km | 6:07 |
| Tue | tempo run | Comfortably Hard | 6.1 km | 4:47 |
| Wed | rest | Rest Day | — | — |
| Thu | hill repeats | Hill Strength | 4.9 km | 4:29 |
| Fri | rest | Recovery Day | — | — |
| Sat | long run | Distance Day | 16.4 km | 6:17 |
| Sun | easy run | Zone 2 Run | 6.1 km | 6:07 |

Week 8 — Build Phase (Recovery) — 29 km

Endurance Growth

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|----------|-----------------|----------|------|
| Mon | easy run | Zone 2 Run | 6.5 km | 6:07 |
| Tue | easy run | Easy Miles | 6.5 km | 6:07 |
| Wed | rest | Day Off | — | — |
| Thu | easy run | Easy Run | 6.5 km | 6:07 |
| Fri | rest | Complete Rest | — | — |
| Sat | long run | Weekly Long Run | 11.6 km | 6:17 |
| Sun | rest | Rest Day | — | — |

Week 9 — Peak Training — 45 km

Peak Performance

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|-----------|--------------------|----------|------|
| Mon | easy run | Easy Run | 6.7 km | 6:07 |
| Tue | race pace | Half Marathon Pace | 6.8 km | 4:53 |
| Wed | rest | Recovery Day | — | — |
| Thu | intervals | Repeat Session | 5.4 km | 4:29 |
| Fri | rest | Rest Day | — | — |
| Sat | long run | Long Slow Distance | 18 km | 6:17 |
| Sun | easy run | Relaxed Run | 6.7 km | 6:07 |

Week 10 — Peak Training — 50 km

Race Pace Practice

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|--------------|-------------------|----------|------|
| Mon | easy run | Relaxed Run | 7.5 km | 6:07 |
| Tue | race pace | Race Pace Run | 7.5 km | 4:53 |
| Wed | rest | Complete Rest | — | — |
| Thu | hill repeats | Incline Work | 6 km | 4:29 |
| Fri | rest | Day Off | — | — |
| Sat | long run | Endurance Builder | 20 km | 6:17 |
| Sun | easy run | Easy Miles | 7.5 km | 6:07 |

Week 11 — Taper — 38 km

Taper & Sharpen

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|-----------|------------------|----------|------|
| Mon | easy run | Easy Miles | 5.7 km | 6:07 |
| Tue | tempo run | Comfortably Hard | 5.7 km | 4:47 |
| Wed | easy run | Easy Run | 5.7 km | 6:07 |
| Thu | easy run | Zone 2 Run | 5.7 km | 6:07 |
| Fri | rest | Recovery Day | — | — |
| Sat | long run | Distance Day | 15.2 km | 6:17 |
| Sun | rest | Complete Rest | — | — |

Week 12 — Taper — 21 km

Fresh Legs Ahead

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|-----------|-----------------|----------|------|
| Mon | easy run | Zone 2 Run | 3.2 km | 6:07 |
| Tue | tempo run | Steady State | 4 km | 4:47 |
| Wed | easy run | Relaxed Run | 3.2 km | 6:07 |
| Thu | easy run | Easy Run | 3.2 km | 6:07 |
| Fri | rest | Complete Rest | — | — |
| Sat | long run | Weekly Long Run | 11 km | 6:17 |
| Sun | rest | Rest Day | — | — |

Week 13 — Race Week — 29 km

Race Week

| DAY | TYPE | DESCRIPTION | DISTANCE | PACE |
|-----|------|---------------|----------|------|
| Mon | rest | Rest Day | — | — |
| Tue | race | Half Marathon | 21.1 km | 4:53 |