

Half Marathon Trainer

# 14-Week Intermediate Plan

VDOT 43 · Predicted finish: 1:43:06 · 99 workouts · 532 km total

## Training Paces

EASY <b>6:07</b>	LONG RUN <b>6:17</b>	MARATHON <b>5:06</b>	TEMPO <b>4:47</b>
RACE PACE <b>4:53</b>	INTERVAL <b>4:29</b>	REPETITION <b>4:15</b>	

## Training Phases

Base Building	4 weeks
Build Phase	6 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	hill repeats	Hill Strength	4 km	4:29
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	hill repeats	Hill Power	4 km	4:29
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 — Base Building (Recovery) — 22 km**

Easy Miles Foundation

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	8.8 km	6:17
Sun	rest	Rest Day	—	—

**Week 5 — Build Phase — 34 km**

Building Endurance

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**

## Speed Development

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**

Strength Building

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	intervals	Track Session	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**

Pushing Boundaries

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 — Build Phase — 45 km**

Endurance Growth

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	6.7 km	6:07
Tue	tempo run	Tempo Effort	6.8 km	4:47
Wed	rest	Recovery Day	—	—
Thu	hill repeats	Hill Power	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 — Build Phase — 50 km**

Building Endurance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	7.5 km	6:07
Tue	tempo run	Threshold Run	7.5 km	4:47
Wed	rest	Complete Rest	—	—
Thu	intervals	VO2max Intervals	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 — Peak Training — 54 km**

Peak Performance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	8.1 km	6:07
Tue	race pace	Race Rehearsal	8.1 km	4:53
Wed	rest	Rest Day	—	—
Thu	intervals	Track Session	6.5 km	4:29
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	21.6 km	6:17
Sun	easy run	Zone 2 Run	8.1 km	6:07

**Week 12 — Peak Training — 57 km**

Race Pace Practice

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	8.5 km	6:07
Tue	race pace	Goal Pace Practice	8.5 km	4:53
Wed	rest	Day Off	—	—
Thu	intervals	Speed Work	6.8 km	4:29
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	22 km	6:17
Sun	easy run	Easy Run	8.5 km	6:07

**Week 13 — Taper — 43 km**

Taper &amp; Sharpen

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	6.5 km	6:07
Tue	tempo run	Tempo Effort	6.5 km	4:47
Wed	easy run	Easy Miles	6.5 km	6:07
Thu	easy run	Relaxed Run	6.5 km	6:07
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	17.2 km	6:17
Sun	rest	Day Off	—	—

**Week 14 — Taper — 24 km**

Fresh Legs Ahead

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	3.6 km	6:07
Tue	tempo run	Threshold Run	4 km	4:47
Wed	easy run	Zone 2 Run	3.6 km	6:07
Thu	easy run	Easy Miles	3.6 km	6:07
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	11 km	6:17
Sun	rest	Recovery Day	—	—

**Week 15 — Race Week — 29 km**

Race Week

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	rest	Recovery Day	—	—
Tue	race	The Big Day	21.1 km	4:53