

Half Marathon Trainer

# 16-Week Intermediate Plan

VDOT 43 · Predicted finish: 1:43:06 · 113 workouts · 600 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	5 weeks
Build Phase	7 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 — 30 km

Establishing Routine

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	4.5 km	6:07
Tue	tempo run	Comfortably Hard	4.5 km	4:47
Wed	easy run	Easy Run	4.5 km	6:07
Thu	easy run	Zone 2 Run	4.5 km	6:07
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	12 km	6:17
Sun	rest	Complete Rest	—	—

**Week 4 — Base Building (Recovery) — 21 km**

Easy Miles Foundation

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	4.7 km	6:07
Tue	easy run	Easy Miles	4.7 km	6:07
Wed	rest	Day Off	—	—
Thu	easy run	Easy Run	4.7 km	6:07
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	8.4 km	6:17
Sun	rest	Rest Day	—	—

**Week 5 — Build Phase — 33 km**

Building Endurance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	4.9 km	6:07
Tue	tempo run	Tempo Effort	5 km	4:47
Wed	rest	Recovery Day	—	—
Thu	intervals	Repeat Session	4 km	4:29
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	13.2 km	6:17
Sun	easy run	Relaxed Run	4.9 km	6:07

**Week 6 — Build Phase — 36 km**

## Speed Development

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	5.4 km	6:07
Tue	tempo run	Threshold Run	5.4 km	4:47
Wed	rest	Complete Rest	—	—
Thu	intervals	VO2max Intervals	4.3 km	4:29
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	14.4 km	6:17
Sun	easy run	Easy Miles	5.4 km	6:07

**Week 7 — Build Phase — 40 km**

## Strength Building

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	6 km	6:07
Tue	tempo run	Comfortably Hard	6 km	4:47
Wed	rest	Rest Day	—	—
Thu	hill repeats	Hill Strength	4.8 km	4:29
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	16 km	6:17
Sun	easy run	Zone 2 Run	6 km	6:07

**Week 8 — Build Phase (Recovery) — 28 km**

Pushing Boundaries

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	6.3 km	6:07
Tue	easy run	Easy Miles	6.3 km	6:07
Wed	rest	Day Off	—	—
Thu	easy run	Easy Run	6.3 km	6:07
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	11.2 km	6:17
Sun	rest	Rest Day	—	—

**Week 9 — Build Phase — 44 km**

Endurance Growth

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	6.6 km	6:07
Tue	tempo run	Tempo Effort	6.6 km	4:47
Wed	rest	Recovery Day	—	—
Thu	intervals	Repeat Session	5.3 km	4:29
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	17.6 km	6:17
Sun	easy run	Relaxed Run	6.6 km	6:07

**Week 10 — Build Phase — 48 km**

Building Endurance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	7.2 km	6:07
Tue	tempo run	Threshold Run	7.2 km	4:47
Wed	rest	Complete Rest	—	—
Thu	intervals	VO2max Intervals	5.8 km	4:29
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	19.2 km	6:17
Sun	easy run	Easy Miles	7.2 km	6:07

**Week 11 — Build Phase — 52 km**

## Speed Development

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	7.8 km	6:07
Tue	tempo run	Comfortably Hard	7.8 km	4:47
Wed	rest	Rest Day	—	—
Thu	intervals	Track Session	6.2 km	4:29
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	20.8 km	6:17
Sun	easy run	Zone 2 Run	7.8 km	6:07

**Week 12 — Peak Training — 54 km**

Peak Performance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	8.1 km	6:07
Tue	race pace	Goal Pace Practice	8.1 km	4:53
Wed	rest	Day Off	—	—
Thu	intervals	Speed Work	6.5 km	4:29
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	21.6 km	6:17
Sun	easy run	Easy Run	8.1 km	6:07

**Week 13 — Peak Training — 57 km**

Race Pace Practice

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	8.5 km	6:07
Tue	race pace	Half Marathon Pace	8.5 km	4:53
Wed	rest	Recovery Day	—	—
Thu	intervals	Repeat Session	6.8 km	4:29
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	22 km	6:17
Sun	easy run	Relaxed Run	8.5 km	6:07

**Week 14 — Taper — 43 km**

Taper &amp; Sharpen

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	6.5 km	6:07
Tue	tempo run	Threshold Run	6.5 km	4:47
Wed	easy run	Zone 2 Run	6.5 km	6:07
Thu	easy run	Easy Miles	6.5 km	6:07
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	17.2 km	6:17
Sun	rest	Recovery Day	—	—

**Week 15 — Taper — 24 km**

Fresh Legs Ahead

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	3.6 km	6:07
Tue	tempo run	Comfortably Hard	4 km	4:47
Wed	easy run	Easy Run	3.6 km	6:07
Thu	easy run	Zone 2 Run	3.6 km	6:07
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	11 km	6:17
Sun	rest	Complete Rest	—	—

**Week 16 — Race Week — 29 km**

## Race Week

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	rest	Complete Rest	—	—
Tue	easy run	Easy Miles	10 km	6:07
Wed	rest	Day Off	—	—
Thu	recovery	Recovery Jog	2.3 km	6:07
Fri	rest	Complete Rest	—	—
Sat	easy run	Easy Miles	10 km	6:07
Sun	rest	Rest Day	—	—

## Week 17 — Base Building — 25 km

Building Your Base

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	3.7 km	6:07
Tue	race	Half Marathon	21.1 km	4:53