

BATH HALF MARATHON - INTERMEDIATE TRAINING PROGRAMME

Week beg	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total mins running
RW - 13	5 mins easy walk, 15 mins easy run, 5 mins easy walk. 25 mins total	5 mins brisk walk, 20 mins easy run, 5 mins brisk walk. 30 mins total		25 mins easy run		40 mins easy run		120
RW - 12	20 mins easy run	40 mins easy run		30 mins easy run		50 mins easy run		140
RW - 11	30 mins easy run	10 mins easy run, (2 min tempo pace, 2 mins walk/run) x 6, 10 mins easy run. 44 mins total		5 mins easy run, 20 mins steady run, 10 mins faster, 5 mins easy run. 40 mins total		60 mins easy run		174
RW - 10	40 mins easy run	10 min easy run, (3 min fast run, 2 min easy run) x 5, 10 min easy run. 45 mins total		5 mins easy run, 15 mins steady run, 5 mins faster run, 10 mins easy. 35 mins total		70 mins easy run		190
RW - 9	35 mins easy run	10 mins easy, (4 mins tempo pace, with 2 mins jog rec) x 5, 10 mins easy run. 50 mins total		5 mins easy running, 10 min steady run, 10 min tempo run, 5 min faster run, 10 min easy run. 40 mins total		80 mins easy run		205

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RW - 8	40 mins easy run	10 mins easy. Hills: 5 x 1 min hills tempo, with a jog down recovery, 10mins easy jog. 35 mins total		10 mins easy running, (5 mins steady, 5 mins tempo, 2 mins jog) x 3, 10mins easy. 56 mins total		90 mins easy run		221
RW - 7	40 mins easy run		30 mins easy		20 mins easy	Race a 10k/5 mile road race		150
RW - 6	40 mins easy run	10 mins easy run. Hills: 7 x 1 min hill, jog down to recover. 10mins easy. 40 mins total		10 mins easy. (4 x 10 mins tempo running, 2.5min jog/walk recover), 10 mins easy. 70 mins total		1 hour 40 mins easy run		250
RW - 5	40 mins easy run	10 min easy, fartlek run for 40 min, run hard up hills. Run 10 min easy. 60 mins total		10 min easy run, (5 min fast run, 2 min easy run) x5, 10 min easy. 55 mins total		1 hour 50 min easy run		265
RW - 4	30 mins easy run	60 mins easy run		40 mins easy run		2 hours easy run - time on feet		250

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RW - 3	40 mins easy run	60 mins easy run		Jog 15 min easy, (3 min fast run, 1 min easy run, 2 min fast run, 1 min easy run, 1 min fast run, 1 min easy run) Repeat 2 x, 15 min easy run. 48 mins total		90 mins (30 mins easy, 30 mins at your half marathon pace, 30 mins easy)		238
RW - 2	30 mins easy run	10 min easy, (6 min fast run, 2 min easy run) Repeat 4 x, 10 min easy run. 44 mins total		40 mins steady run		90 mins easy run		204
RW - 1	30 mins easy run	Run 10 min easy. (3 min fast run, 2 min easy run) Repeat 3 x. Walk 5 min brisk. (3 min hard run, 2 min easy run) Repeat 2x. 10 min easy run. 50 mins total		Run 5 min easy then 20 min at half marathon race pace then 10 min easy. 35 mins total		60 mins easy run		175
Race Week (RW)		Jog 10 min easy, (run 3 min at half marathon race pace, 3 min easy.) Repeat 2x. Jog 10 min easy. 32 mins total	15 mins easy run		10 mins easy run		RACE DAY	57 + RACE!!