



RUNMUMS

RUNMUMS Intermediate Half Marathon Training Programme

This Intermediate running plan is designed to get you running a Half Marathon in twelve weeks. At this stage you will probably already doing a minimum of 20-25 miles a week and can comfortably complete a 10k and want to take your running up to the next level.

Just a few things to bear in mind:

- Follow our RUNMUMS Half Marathon programme and make a commitment to run four times a week for 12 weeks. It does not matter which days you run but allow at least one rest day between each run when you first begin.
- Each of the four runs is designed:
 - Two easy runs designed to run at a conversational pace. So, if in doubt slow down.
 - One slightly harder session to try and get the heart rate up by including some hills and/or speed work. Try and maintain good form and pace. It will feel harder, but it will make you stronger.
 - One longer run on or off-road. These are designed as slow, steady, gradual increases in your weekly mileage.
- Always start with a 5-minute warm-up jog or walk with some dynamic stretches.
- Always finish with a 5-10 stretching programme.
- There is nothing to suggest you need to run continuously either. If you feel tired, then walk until recovered but try and walk purposefully if you can.
- Rest and recovery days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for those in-between rest days is to stretch or cross train such as biking, swimming, walking, Pilates, depending on how your body feels, but do not do too much that you burn yourself out.
- Unless you've got a target date, then don't be afraid to repeat a week or drop back a week. Everyone is different.
- You can start at any stage depending on your current level of fitness.
- The programme is only a guide so please feel free to make any minor changes or swap the days around, but just make sure you have that rest day in between those runs.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.

Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	6-miles steady run	Cross train plus core strength and stretch	5-mile steady run	Core strength and stretch	2-mile jog warm-up. Stretch. Run 2 sets x 5 hills (200-250m hill). Jog down to recover and walk between each set. 2-mile cool-down.	8-mile easy/ steady run off road if possible
2	Rest	6-miles steady run	Cross train plus core strength and stretch	6-mile steady run	Core strength and stretch	1-mile jog. Stretch. 35-mins of fartlek. 1-mile jog.	9-mile steady run off road if possible
3	Rest	6-miles steady run	Cross train plus core strength and stretch	6-mile steady run	Core strength and stretch	2-mile jog warm-up. Stretch. Run 2 sets x 6 hills (200-250m hill). Jog down to recover and walk between each set. 2-mile cool-down.	10-mile steady run off road if possible
4	Rest	6-miles (1 mile easy, 4 miles tempo, 1 mile easy)	Cross train plus core strength and stretch	6-mile steady run	Core strength and stretch	1-mile jog. Stretch. 40-mins of fartlek. 1-mile jog.	11-mile steady run off road if possible
5	Rest	6-miles inc 4 x 100m strides – jog between each one	Cross train plus core strength and stretch	7-mile steady run	Core strength and stretch	2-mile jog warm-up. Stretch. Run 3 sets x 5 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	12-mile steady run off road if possible
6	Rest	6-miles inc 4 x 100m strides – jog between each one	Cross train plus core strength and stretch	7-mile steady run	Core strength and stretch	1-mile jog. Stretch. 40-mins of fartlek. 1-mile jog.	12-mile steady run off road if possible
7	Rest	2-miles easy, 2-miles tempo, 2-miles easy	Cross train plus core strength and stretch	7-mile steady run	Core strength and stretch	2-mile jog warm-up. Stretch. Run 3 x sets of 5 hills (200-250m hill). Jog down to recover and walk between each set. 2-mile cool-down.	13-mile
8	Rest	2-miles easy, 3-miles tempo, 2-miles easy	Cross train plus core strength and	7-mile steady run	Core strength and	1-mile jog. Stretch. 45-mins of fartlek. 2-mile jog.	14-mile

			stretch		Stretch		
9	Rest	2-miles easy, 3-miles tempo, 2-miles easy	Cross train plus core strength and stretch	8-mile steady run	Core strength and Stretch	2-mile jog warm-up. Stretch. Run 3 x sets of 5 hills (200-250m hill). Jog down to recover and walk between each set. 2-mile cool-down.	14-mile
10	Rest	7-miles steady run	Cross train plus core strength and stretch	7-mile steady run	Core strength and Stretch	1-mile jog. Stretch. 40-mins of fartlek. 2-mile jog.	13-mile
11	Rest	2-miles easy – 2-miles tempo, 2-miles easy	Cross train plus core strength and stretch	6-mile steady run (nc 4 x 100m strides jog in between to recover)	Core strength and stretch	2-mile jog warm-up. Stretch. Run 2 x sets of 5 hills (200-250m hill). Jog down to recover and walk between each set. 2-mile cool-down.	10-mile
12	Rest	5-mile steady run, 4 x 100m strides (walk back to recover)	Cross train plus core strength and stretch	5-mile steady run	Rest Core strength and stretch	Rest	Half Marathon

Congratulations on reaching your Half Marathon GOAL!