



2XU

**INTERMEDIATE
HALF MARATHON
TRAINING PROGRAM**



ABOUT THE **INTERMEDIATE** HALF MARATHON TRAINING PROGRAM

This program has been designed for those who have been running consistently 4-5 times per week for the past 12+months and looking to improve on their half marathon time. It is an intermediate program to give you the best chance of running a Personal best Half marathon.

TRAINING TERMS

EASY

This level of effort should largely feel easy aerobically but wont always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you cant, you are probably going too hard.

SOLID

This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example you might be able to have a conversation but it would be very difficult to maintain or would be broken so you could catch your breath.

HARD

This level of effort should be difficult and uncomfortable to sustain. You wont feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

KEY ABBREVIATIONS

W/U

Warm Up

W/D

Warm Down

TT

Time Trial

RECOVERY IS TRAINING

THE IMPORTANCE OF RECOVERY

The only training you benefit from is the training you recover from.

It's true that pushing your limits makes you perform better. But the closer you get to the edge, the higher the risk of injury or illness. That's why recovery is so important.

The better you recover, the better you can train. And ultimately, the better you will perform.

Recovery days are scheduled during the week. If this exact schedule doesn't suit your weekly schedule make sure you are scheduling rest and recovery days in between harder efforts to ensure you adapt and recover.

PRODUCT FEATURE



[SHOP RECOVERY](#)



GO TO WEEK

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MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 8 x 2min solid run, min easy walk recovery between W/D: 5min easy jog
WED	Run:	40mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	W/U: 20mins easy Main set: 20mins solid run W/D: 10mins easy
SAT	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
SUN	Long Run	80mins easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 3km easy Main set: 8 x 600m hard run with 90secs standing recovery between W/D: 3km easy
WED	Run:	40mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	W/U: 3km easy Main set: 4 x 5mins solid run with 2mins easy jog recovery between W/D: 3km easy
SAT	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
SUN	Long Run:	90mins easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 3km easy Main set: 8 x 800m hard run with 90secs standing recovery between W/D: 3km easy
WED	Run:	40mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	W/U: 3km easy Main set: 3 x 8mins solid run with 2mins easy jog recovery between W/D: 3km easy
SAT	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
SUN	Long Run	105mins easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 3km easy Main set: 12 x 400m hard run with 60secs standing recovery between W/D: 3km easy
WED	Run:	40mins easy
THUR	Recovery focus: massage, foam roller, Yoga, etc.	
FRI	Session:	W/U: 3km easy Main set: 2 x 15mins solid run with 3mins easy jog recovery between W/D: 3km easy
SAT	Rest Day	
SUN	Long Run:	2hrs easy run. Practice nutrition*.

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Intervals	W/U: 3km easy Main set: 10 x 1min hard run with 1min solid jog recovery between W/D: 3km easy
WED	Run:	45mins easy
THUR	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
FRI	Run:	40mins easy jog
SAT	Rest Day	
SUN	Long Run:	90mins easy run last 30mins @ goal half marathon pace. Practice nutrition*.

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 3km easy Main set: 4 x 1.6km solid run, 2mins standing recovery between W/D: 3km easy
WED	Run:	40mins easy
THUR	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
FRI	Session:	W/U: 3km easy Main set: 3 x 12mins solid run, 3mins easy jog recovery between W/D: 10min easy jog
SAT	Rest Day	
SUN	Long Run:	2hrs easy run. Practice nutrition*.

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 3km easy Main set: 3km, 2km, 1km solid with 2mins standing recovery between W/D: 3km easy
WED	Run:	40mins easy
THUR	X Train:	30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
FRI	Session:	W/U: 3km easy Main set: 30mins solid, 4mins easy jog between, 6mins hard to finish W/D: 3km easy. Practice nutrition*.
SAT	Rest Day	
SUN	Taper Long Run:	70mins easy run.

MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Session: W/U: 3km easy Main set: 8 x 400m hard with 200m easy jog recovery between W/D: 3km easy
WED	Run: 40mins easy
THUR	Xtrain: 30 - 60mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
FRI	Run: 30mins easy + 6 x 100m hard walk back to start for recovery
SAT	Rest Day
SUN	Race Day! Good luck today, trust in your training and go out there and enjoy it