

# Half Marathon Training Plan for Intermediate Athletes

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Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Weekly Mileage Goal
1	Rest	3 miles	2 miles	3 miles	Strength	4 miles	3 miles	15 miles
2	Rest	4 miles	Cross Train	4 miles	Strength	4 miles	3 miles	15 miles
3	Cross Train	4 miles	3 miles	3 miles + Strength	Rest	4 miles	2 miles + Core	16 miles
4	Rest	3 miles + Strength	5 miles	3 miles + 20 min Cross Train	Rest	3 miles	2 miles	16 miles
5	Cross Train	3 miles	4 miles	3 miles + Strength	Rest	4 miles	3 miles	17 miles
6	Cross Train	4 miles	4 miles + Core	3 miles	Rest	5 miles	3 miles	19 miles
7	Cross Train	5 miles	3 miles + Strength	5 miles	Rest	6 miles	2 miles + Core	21 miles
8	Rest	6 miles	Cross Train	5 miles	Rest	6 miles	2 miles + Core	18 miles
9	Cross Train	4 miles	6 miles	Rest	Strength	7 miles	4 miles	21 miles
10	Rest	5 miles	7 miles	3 miles	Cross Train	8 miles	2 miles + Strength	24 miles
11	Cross Train	6 miles	4 miles + Strength	5 miles	Rest	9 miles	Rest	24 miles
12	Cross Train	7 miles	3 miles + Core/Strength	5 miles	Rest	10 miles	2 miles	26 miles

13	Strength	6 miles	4 miles	6 miles	Rest	11 miles	Cross Train	27 miles
14	Rest	5 miles	Cross Train	6 miles	4 miles + Strength	12 miles	3 miles	30 miles
15	Cross Train + 2 miles	5 miles	3 miles	Strength	Rest	13 miles	5 miles	26 miles
16	Rest	6 miles	Cross Train + 2 miles	5 miles	Strength	10 miles	2 miles + Core	25 miles
Race Week	Rest	4 miles	3 miles	Rest	2 mile shake out run	Race Day 13.1	Rest	22 miles

### *TRAINING EVENTS*

It is always recommended to participate in some events leading up to your goal race day. These races provide an opportunity to test your fitness and to practice your hydration and nutrition plan for race day. Make sure to add these great races to your Valhalla Half Marathon Training Plan! Note that participants must maintain a 16 minute per mile pace in order to complete the half marathon course in the allotted time.

April 11- Cookie Plug Race 5k/10k <http://www.tristatefit.com/cookieplug.html>

May 10- River City 5 & 10 Miler <http://www.tristatefit.com/rivercity10.html>

June 7 - Valhalla Half Marathon <http://www.tristatefit.com/valhalla.html>

### Strength Training and Cross Training Exercises

Cross Training can be added before or after a run, or as a substitution if you are prevented from running (not accessing a treadmill or severe weather). Cross training is a great way to give the joints a break from the pounding of the pavement while working on cardiovascular endurance as well as muscular strength.

## Examples of Cross Training Workouts:

Lap Swimming  
Aqua Jogging  
Orangetheory Class  
Elliptical Machine  
Other Group Fitness Classes (can modify)  
Rowing/Elliptical combo  
Stair Master  
Yoga Class  
Barre Class  
Cycling Class

## Strength Training Tools at Home

- \*Yoga Mat
- \*Resistance bands
- \*Dumbbells
- \*Stability Ball

Maintenance strength and mobility during peak training can be accomplished by simple, targeted exercises 2-3 times per week. *Quick Strength for Runners* by Jeff Horowitz, is a great resource and can be purchased online.

