



Fort Worth Half Marathon Intermediate Plan

Good for experienced half marathoners and have 5 days a week to run

Runners should start this plan running around 20 miles per week

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	4 miles EZ	4 miles EZ	3 miles with Fartleks x6	REST	3 miles EZ	6 miles EZ	REST
Week 2	4 miles EZ	5 miles EZ	4 miles total, hill reps x6	REST	3 miles EZ	7 miles EZ	REST
Week 3	5 miles EZ with fartleks x8	5 miles EZ	WU 1 mile, 4 x 1k at tempo with 200m rec jog, CD to make 45 min	REST	4 miles EZ	8 miles EZ	REST
Week 4	3 miles EZ	4 miles EZ recovery run	WU: 1 mile, 2 mile tempo, Cool down 1 mile	REST	3 miles EZ	6 miles EZ	REST
Week 5	5 miles EZ with fartleks x8	5 miles EZ	WU 1 mile, 6 x 1k at tempo with 200m rec jog, CD to make 50 min	REST	4 miles EZ	8 miles EZ	REST
Week 6	5 miles with Fartleks x8	5 miles EZ	WU: 2 miles, 2.5 mile tempo, CD: to make 6 miles	REST	4 miles EZ	9 miles EZ	REST
Week 7	6 miles EZ with fartleks x8	5 miles EZ	WU: 1 mile, 6 x 1200 at tempo with 2 min rec, CD to make 1 hour	REST	4 miles EZ	10 miles EZ	REST
Week 8	4 miles EZ then 10x :30/:30 fartleks	4 miles EZ	WU: 2 miles, 3 mile tempo, Cool down to make 6 miles	REST	3 miles EZ	7 miles EZ	REST
Week 9	6 miles EZ	5 miles EZ	WU: 1 miles, 5 x 1 mile at tempo with 400 recoveries, CD as needed	REST	4 miles EZ	20 min EZ, 9 min easy, 1 min tempo x6, CD 10 min	REST
Week 10	6 miles EZ with 10x :30/:30 fartleks	5 miles EZ	WU: 2 miles, 2 x 2 miles tempo with 5 min recovery jog or walk, Cool down as needed	REST	4 miles EZ	2.5 miles easy, 0.5 mile tempo x3, CD 2 miles	REST
Week 11	7 miles EZ	6 miles EZ	WU: 1 mile, 8 x 1k at tempo with 200m easy, CD to make an hour	REST	4 miles EZ	12 miles EZ	REST
Week 12	6 miles EZ with Fartleks x12	4 miles EZ	WU: 1 mile, 3 miles at HM effort, .5 mile easy, 1.5 miles at 10k effort, CD: as needed	REST	3 miles EZ	5 miles EZ then build 4 miles from EZ to HM effort, CD 3 miles	REST
Week 13	7 miles EZ	7 miles EZ with fartleks x 10	WU: 1 mile, 5 x 1 mile at tempo with 1 min rec, CD as needed	REST	4 miles EZ	5 miles EZ, 5 miles steady, CD 2 miles	REST
Week 14	7 miles EZ with 1 min fartleks x10	6 miles EZ	WU: 1 mile, 3 x 2 miles tempo with 5 min recovery, CD to make 1 hour	REST	4 miles EZ	WU 3 miles EZ, 3x2 miles steady with 1 mile rec between each, CD as needed	REST
Week 15	6 miles EZ with fartleks x10	6 miles EZ	WU: 1 mile, 5 x 1200m with 200m rec, CD: as needed	REST	4 miles EZ	4 miles EZ, 3 miles build from EZ to steady, CD 15 min	REST
Week 16	4 miles EZ with fartleks x8	3 miles EZ Fartlek run x8	WU: 10 mins, 4 x 400 at race pace with 200 rec, CD: to make 40 mins	REST	REST	3 miles EZ as shake out!	RACE DAY!

EZ Run: Conversational pace, less than 70 percent of max Heart Rate, 2-3 mins slower than 5k pace. Run/Walk if you need to!

Fartlek: Short-controlled burst up to a minute in length. 5k efforts on fartleks

Tempo: Comfortably-uncomfortable. Don't race these! Effort is just below that burning feeling. Think 10k to half marathon type effort! Steady effort!

Hill Reps: Moderate grade hill is best. Run these 90 percent effort. These should be 45 seconds in length. Think strong and good form! Slow jog or recoveries back down.

Cross Train: Don't run. Still get aerobic benefit from cycling, rowing, swimming, etc.

Rest: Exactly what it says. Eat well, hydrate, get your feet up. You can only train as hard as you recover!

*If you have questions regarding this plan, reach out to info@runrelated.com. Place "FTW Marathon" in the subject

**If you'd like a more customized coaching approach, send an email to info@runrelated.com or visit RunRelated.com

