

INTERMEDIATE TRAINING PLAN

WEEKS 1-4

JUNE 9 - JULY 6

FOCUS:

Gradual endurance build-up, injury prevention, and consistency

PACE GUIDELINES:

**Race Pace Runs** (Maintain steady effort near half marathon goal)

**Tempo Runs** (Run slightly faster than race pace; boosts endurance)

**Intervals** (Speed Work) (Short bursts; significantly faster than race pace)

**Long Runs** (Slower, controlled pace; builds endurance without fatigue)

To register for the Rock & Roll Hall of Fame Half Marathon visit:

WWW.ROCKHALLHALFMARATHON.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest/Recovery	Speed Work 4 miles 6x400m	Easy Run 6 mi	Tempo Run 6 mi	Cross/Recovery Run 3 mi	Long Run 7 mi	Recovery Walk
WEEK 2	Rest/Stretch	Speed Work 8x800m	Easy Run 6 mi	Tempo Run 6-7 mi	Cross/Recovery Run 3 mi	Long Run 8-10 mi	Recovery Walk
WEEK 3	Rest/Recovery	Threshold Run 5 mi 3 mi @ Threshold	Easy Run 6 mi	Speed Work 7 mi Mile Repeats x4 (2min rest)	Recovery Jog 3 mi	Long Run 9-10 mi	Recovery Walk
WEEK 4	Rest/Yoga	Speed Work 5 miles Hill Repeats x 12	Easy Run 7 mi	Tempo Run 7 mi	Recovery Jog 3 mi	Long Run 10-11 mi	Recovery Walk

INTERMEDIATE TRAINING PLAN

WEEKS 5-8

JULY 7 - AUG 3

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WEEK 5	Rest/Recovery	Race Pace Run 6 mi 3 mins on /90 sec off	Easy Run 7 mi	Speed Work Mile Repeats x5 (2min rest)	Recovery Jog 3 mi	Long Run 10-12 mi	Recovery Walk
WEEK 6	Rest/Recovery	Threshold Run 6 mi	Easy Run 5-7 mi	Speed Work 8 mi Mile Repeats x 6 (2 min rest)	Recovery Jog 3 mi	Long Run 9-11 mi	Recovery Walk
WEEK 7	Rest/Yoga	Speed Work 6-7 mi 8x 800 meters (Race Pace Intervals)	Easy Run 6 mi	Tempo Run 7 mi	Recovery Jog 3 mi	Long Run 12-14 mi	Recovery Walk
WEEK 8	Rest/Recovery	Threshold Run 6 mi	Easy Run 6 mi	Tempo Run 6 mi	Recovery Jog 3 mi	Long Run 11-12 mi	Recovery Walk

INTERMEDIATE TRAINING PLAN

WEEKS 9-10

AUG 4 - AUG 17

**FOCUS:**

Speed, Endurance, Race Specific Prep

- PACE GUIDELINES:**
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- Long Runs** (Slower, controlled pace; builds endurance without fatigue)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	Rest/Recovery	Light Speed Work 5 mi 4x800m	Easy Run 4-5 mi	Tempo Run 4 mi	Recovery Jog 2 mi	Long Run 8-9 mi	Short Walk/Stretch
WEEK 10	Rest/Recovery	Easy Run 3 mi	Short Shakeout Run 2-3 mi	Rest	Short Run 2 mi	Easy Run 2 mi	Race Day 13.1 mi

# INTERMEDIATE TRAINING PLAN

PACE TARGETS

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## PACE TARGETS BASED ON GOAL HALF MARATHON TIME

GOAL HM TIME	RACE PACE (MIN/MI)	TEMPO RUN PACE	INTERVAL PACE (400M) REPEATS	LONG RUN PACE
1:20 (6:06/mi)	6:05-6:10	5:50-6:00	5:10-5:30	6:25-6:45
1:30 (6:52/mi)	6:50-6:55	6:35-6:45	5:50-6:10	7:10-7:30
1:40 (7:38/mi)	7:35-7:45	7:20-7:30	6:30-6:50	8:00-8:20
1:50 (8:24/mi)	8:20-8:30	8:05-8:15	7:15-7:35	8:45-9:15
2:00 (9:10/mi)	9:05-9:15	8:50-9:00	8:00-8:20	9:30-10:00
2:10 (9:55/mi)	9:50-10:00	9:30-9:45	8:40-9:00	10:20-10:50
2:20 (10:40/mi)	10:35-10:45	10:15-10:30	9:20-9:40	11:00-11:30
2:30 (11:26/mi)	11:20-11:30	11:00-11:15	10:00-10:20	12:00-12:30
2:40 (12:12/mi)	12:05-12:15	11:45-12:00	10:45-11:10	13:00-13:30
2:50 (12:57/mi)	12:50-13:00	12:30-12:45	11:30-11:50	14:00-14:30
3:00 (13:44/mi)	13:40-13:50	13:20-13:40	12:10-12:30	15:00-15:30