

8-Week Intermediate Plan

Choose this plan if your half marathon is eight weeks away and you're fit enough to run 5 miles comfortably.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	FAST FINISH RUN 30 min @ RPE 2 + 5 min @ RPE 3	EASY RUN 35 min @ RPE 2	OPTIONAL WALK, RUN or XT 35 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 35 min @ RPE 2	LONG RUN 5 miles @ RPE 2
2	REST	FAST FINISH RUN 35 min @ RPE 2 + 5 min @ RPE 3	EASY RUN 40 min @ RPE 2	OPTIONAL WALK, RUN or XT 35 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 40 min @ RPE 2	LONG RUN 6 miles @ RPE 2
3	REST	FAST FINISH RUN 35 min @ RPE 2 + 10 min @ RPE 3	EASY RUN 45 min @ RPE 2	OPTIONAL WALK, RUN or XT 40 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 9 x (1 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 45 min @ RPE 2	LONG RUN 7 miles @ RPE 2
4	REST	FAST FINISH RUN 30 min @ RPE 2 + 5 min @ RPE 3	EASY RUN 35 min @ RPE 2	OPTIONAL WALK, RUN or XT 35 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 35 min @ RPE 2	LONG RUN 6 miles @ RPE 2
5	REST	TEMPO RUN 5 min @ RPE 1 + 10 min @ RPE 2 + 15 min @ RPE 3 + 10 min @ RPE 2 + 5 min @ RPE 1	EASY RUN 45 min @ RPE 2	OPTIONAL WALK, RUN or XT 45 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 6 x (2 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 45 min @ RPE 2	LONG RUN W/ FAST FINISH 7 miles @ RPE 2 + 1 mile @ RPE 3
6	REST	TEMPO RUN 5 min @ RPE 1 + 10 min @ RPE 2 + 20 min @ RPE 3 + 10 min @ RPE 2 + 5 min @ RPE 1	EASY RUN 50 min @ RPE 2	OPTIONAL WALK, RUN or XT 50 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (3 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 50 min @ RPE 2	LONG RUN W/ FAST FINISH 7.5 miles @ RPE 2 + 1.5 miles @ RPE 3
7	REST	TEMPO RUN 5 min @ RPE 1 + 10 min @ RPE 2 + 25 min @ RPE 3 + 10 min @ RPE 2 + 5 min @ RPE 1	EASY RUN 55 min @ RPE 2	OPTIONAL WALK, RUN or XT 50 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (4 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 55 min @ RPE 2	LONG RUN W/ FAST FINISH 9 miles @ RPE 2 + 2 miles @ RPE 3
8	REST	TEMPO RUN 5 min @ RPE 1 + 10 min @ RPE 2 + 20 min @ RPE 3 + 10 min @ RPE 2 + 5 min @ RPE 1	EASY RUN 45 min @ RPE 2	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (2 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 35 min @ RPE 2	REST	HALF MARATHON!