

4-Week Intermediate Plan

Choose this plan if your half marathon is four weeks away and you're fit enough to run 6 miles and finish strong.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	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	EASY RUN 40 min @ RPE 2	OPTIONAL XT or RUN 40 min @ RPE 2 or REST	INTERVAL RUN 5 min @ RPE 1+ 5 min @ RPE 2+ 3 x (3 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	XT 40 min @ RPE 2	LONG RUN W/ FAST FINISH 5 miles @ RPE 2 + 1 mile @ RPE 3
2	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	EASY RUN 45 min @ RPE 2	OPTIONAL XT or RUN 45 min @ RPE 2 or REST	INTERVAL RUN 5 min @ RPE 1+ 5 min @ RPE 2+ 4 x (3 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 6.5 miles @ RPE 2 + 1.5 miles @ RPE 3
3	REST	INTERVAL RUN 5 min @ RPE 1+ 5 min @ RPE 2+ 9 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2+ 5 min @ RPE 1	EASY RUN 50 min @ RPE 2	OPTIONAL XT or RUN 50 min @ RPE 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 8 miles @ RPE 2 + 2 miles @ RPE 3
4	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	EASY RUN 45 min @ RPE 2	OPTIONAL XT or RUN 40 min @ RPE 2 or REST	FAST FINISH RUN 20 min @ RPE 2 + 10 min @ RPE 3	REST	HALF MARATHON!