12 Week Half Marathon Training Schedule
for intermediate runners

Week 1	3 miles easy pace	45 min cross training	30 min tempo (15 min @ tempo pace)	30 min cross training or Rest	4 miles easy pace	Rest	5 miles long run
Week 2	3.5 miles easy pace	45 min cross training or rest	4 x 400 interval run	30 min cross training or Rest	4 miles easy pace	Rest	6 miles long run
Week 3	3 miles easy pace	45 min cross training	35 min tempo (15 min @ tempo pace)	4 miles easy pace	3 miles easy pace	Rest	7 miles long run
Week 4	3 miles easy pace	45 min cross training	5 x 400 interval run	Rest	3 miles race pace	Rest	7 miles long run
Week 5	45 min cross training	35 min tempo (15 min @ tempo pace)	5 miles easy pace	4 miles race pace	4 miles easy pace	Rest	8 miles long run
Week 6	45 min cross training	6 x 400 interval run	5 miles easy pace	4 miles race pace	2 miles easy pace	Rest	10K Race (or 6 miles @ race pace
Week 7	4 miles easy pace	45-60 min cross training	40 min tempo (20 min @ tempo pace)	5 miles easy pace	4 miles race pace	Rest	9 miles long run
Week 8	4 miles easy pace	45-60 min cross training	6 x 400 interval run	6 miles easy pace	3 miles race pace	Rest	10 miles long run
Week 9	Rest	45-60 min cross training	45 min tempo (20 min @ tempo pace)	5 miles easy pace	4 miles race pace	Rest	11 miles long run
Week 10	3 miles easy pace	45-60 min cross training	7 x 400 interval run	5 miles easy pace	3 miles race pace	Rest	12 miles long run
Week 11	3 miles easy pace	30 min cross training	40 min tempo run (20 min @ tempo pace)	Rest	3 miles race pace	Rest	5 miles long run
Week 12	Rest	2 miles race pace	Rest	30 min easy pace	Rest	20 min easy pace	RACE!