# Your 12-Week Race for Life Half Marathon Intermediate Training Plan

**Training plan created by: Running With Us**

## Week 1

**MON**

- *Download our Fit in 5 workout and Stretching Guide online to help support this training plan and smash your half marathon in 12 weeks!*

**TUE**

- *30 min easy run*

**WED**

- *30 min easy run*

**THUR**

- *30 min easy run*

**FRI**

- *Rest*

**SAT**

- *Rest or Cross training 20–30 min aerobic cross training at easy effort. How about aerobics, cycling or rowing?*

**SUN**

- *40 min long run*

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**Week 1 tips**

1. The goal for this week is to set a good routine. Ring fence the training time in your diary and decide when is best to train.
2. Take your motivation.
3. If you're demotivated, use your Season Pass for a Race for Life event! A race the next day can really reinvigorate your motivation.
4. Make this week about healthy eating! Enjoy a balanced diet full of fruit, vegetables and fibre.
5. Now’s a good time to look to set an intermediate target of a 5k or 10k race in the next couple of weeks and work out your pre-race routine.

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**Week 1 plan**

<table>
<thead>
<tr>
<th>Day</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td>1st day</td>
<td>30 min easy run</td>
<td>30 min easy run</td>
<td>30 min easy run</td>
<td>Rest</td>
<td>Rest or Cross training</td>
<td>40 min long run</td>
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<td>2nd day</td>
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<td>6th day</td>
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## WEEK 7
- **MON:** Rest + Fit in 5
  - Continue with your core & conditioning plan as you have been. Maybe try and add an extra Fit in 5 session this week.
- **TUE:** 45–50 min easy run
  - Take advantage of long daylight hours and try to run early morning. You’ll feel amazing the rest of the day!
- **WED:** Rest
  - If you’re coming a long way to take part be sure to book travel and accommodation for you and your supporters ready for the day.
- **THUR:** Progression run
  - 45 min total
  - 15 min easy run
  - 15 min steady (slightly faster)
  - 15 min nearing threshold
- **FRI:** Rest
  - Check your emails — we’ll be sending you loads of useful tips to help with fundraising, training and preparation for the big day.
- **SAT:** Cross training
  - 30 mins cross training
- **SUN:** 90 min long run
  - Take it easy, it’s a Sunday after all. Think duration not distance.

## WEEK 8
- **MON:** Rest + Fit in 5
  - Keep a good routine of practicing your core & conditioning exercises.
- **TUE:** 40 min easy run
  - Get up. Get dressed. 40 min easy run. Done.
- **WED:** Rest
  - Take photos of your kit or fundraising events and share them online alongside the link to your online fundraising page!
- **THUR:** Progression run
  - 45 min total
  - 15 min easy
  - 15 min steady (slightly faster)
  - 15 min nearing threshold
- **FRI:** Rest
  - Visit cruk.org to find out more about the amazing work we can do with the money you raise.
- **SAT:** Cross training
  - Get your mates on board and have a laugh at a local Zumba or Step class.
- **SUN:** 1 hr 40 min long run
  - Go at an easy pace and walk a little bit every 20–30 mins if necessary.

## WEEK 9
- **MON:** Rest + Fit in 5
  - If you are really tired, or work or family life has got extra stressful then remain flexible. Take extra rest if you need to.
- **TUE:** 45 min easy run
  - Only you know your body. Take care of yourself, go easy and rest completely if you need to.
- **WED:** Rest
  - Make sure you really are resting. Hours of walking round shops or climbing to the top of city landmarks is not resting!
- **THUR:** Threshold run
  - 45 min total
  - 5 min warm up
  - 3 x (3 min at threshold/ 2 min jog or walk recovery/ 5 min easy finish)
- **FRI:** Rest
  - Boost your fundraising by hosting a girls’ night with manicures, a classic film or dinner. Download a pack at raceforlife.org/fundraise
- **SAT:** Cross training
  - Have you tried rowing or using the cross-trainer at the gym yet?
- **SUN:** 1 hr 50 min long run
  - Sip water slowly throughout and if you plan to use energy tablets on the day, practise with these on your long runs.

## WEEK 10
- **MON:** Rest + Fit in 5
  - You have a great routine in place, keep going with the core and conditioning work, it will pay off on race day.
- **TUE:** 30 min easy run
  - Don’t push too hard – you’ve got a long run at the weekend you need to be ready for!
- **WED:** Rest
  - You should have received Pack 2! Make sure you read all the essential information and are prepared for event day.
- **THUR:** Progression run
  - 60 min total
  - 20 min easy
  - 20 min steady
  - 20 min easy
- **FRI:** Rest
  - Finalise your choice of kit for the day and make sure it is well practiced in...new socks on race morning are never a good idea!
- **SAT:** Cross training
  - 30 mins cross training
- **SUN:** 2 hr long run
  - Plan a new route in advance. It will prevent boredom and push your body out of its comfort zone with new hills to tackle.

## WEEK 11
- **MON:** Rest + Fit in 5
  - You’re training is nearly over but don’t let adrenaline over excite you. Take it slow right from the start.
- **TUE:** 40 min easy run
  - You’ve been working hard! Treat yourself to a special ‘Well Done’ dinner (or get someone else to cook for you!)
- **WED:** Rest
  - You’ve been amazing the last 12 weeks! It’s gone so quickly and now you’re ready to take on a Race for Life Half Marathon.
- **THUR:** Threshold run
  - 40 min total
  - 5 min warm up
  - 6 x (5 min at threshold/ 3 min easy)
- **FRI:** Rest
  - Make sure you’ve shared your online fundraising page!
- **SAT:** Cross training
  - 30 mins cross training.
- **SUN:** 60 min long run
  - Only 1 week to go! Be very careful on this run not to push too hard. Just keep your legs ticking over.

## WEEK 12
- **MON:** Rest
  - Take a deep breath. You have done enough training. You are prepared.
- **TUE:** 30 min easy run
  - Do the last 10 min at your ideal half marathon pace.
- **WED:** Rest
  - Chase those last minute donations. Remind everyone you’re taking on a half marathon in just 4 days!
- **THUR:** 25 min easy run
  - You’ve been amazing the last 12 weeks! It’s gone so quickly and now you’re ready to take on a Race for Life Half Marathon.
- **FRI:** Rest
  - Eat. Sleep. That is all.
- **SAT:** 15 min easy run
  - Shake off last minute nerves and then spend time stretching. Tomorrow you’re helping beat cancer sooner!