



12 - Weeks to 13.1

Half Marathon Training: Intermediate

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 1	3M	REST	3M & XT	3M	3M & XT	REST	4M
Week 2	3M	REST	3M & XT	4M	3M & XT	REST	4M
Week 3	3M	REST	3M & XT	4M	3M & XT	REST	5M
Week 4	4M	REST	3M & XT	5M	3M & XT	REST	6M
Week 5	3M	REST	4M & XT	5M	4M & XT	REST	7M
Week 6	4M	REST	4M & XT	4M	4M & XT	REST	8M
Week 7	4M	REST	4M & XT	6M	4M & XT	REST	9M
Week 8	4M	REST	4M & XT	6M	4M & XT	REST	10M
Week 9	3M	REST	4M & XT	6M	4M & XT	REST	11M
Week 10	4M	REST	4M & XT	5M	4M & XT	REST	12M
Week 11	3M	REST	4M & XT	5M	4M & XT	REST	6M
Week 12	2M	REST	3M	5M	3M & XT	REST	13.1

M: Miles

XT: Cross Train