



2023 INTERMEDIATE TRAINING GUIDE



This programme is for you if you've previously done a half marathon, or regularly run longer distances for pleasure but would now like to improve on your time (sub 2 hours for men and 2.15 for women).

It includes a combination of long runs and speed sessions to improve pace and hopefully, allowing you to reach your full potential. The plan is just a guide, so do not hesitate to move things around to fit around your routine.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILEAGE
DATE	24 JULY	25 JULY	26 JULY	27 JULY	28 JULY	29 JULY	30 JULY	
1	REST	30 mins easy run	30 mins tempo	REST	40 mins cross training	30 mins speed work	6 miles (10k) long run pace	
DATE	31 JULY	1 AUGUST	2 AUGUST	3 AUGUST	4 AUGUST	5 AUGUST	6 AUGUST	
2	REST	40 mins easy run	30 mins tempo	REST	40 mins cross training	30 mins speed work	ABP BARRY ISLAND 10K or slow long run	
DATE	7 AUGUST	8 AUGUST	9 AUGUST	10 AUGUST	11 AUGUST	12 AUGUST	13 AUGUST	
3	REST	40 mins easy run	30 mins tempo	REST	40 mins cross training	30 mins speed work	8 miles (13k) long run pace	
DATE	14 AUGUST	15 AUGUST	16 AUGUST	17 AUGUST	18 AUGUST	19 AUGUST	20 AUGUST	
4	REST	45 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	8 miles (13k) long run pace	
DATE	21 AUGUST	22 AUGUST	23 AUGUST	24 AUGUST	25 AUGUST	26 AUGUST	27 AUGUST	
5	REST	45 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	6 miles (10k) long run pace	
DATE	28 AUGUST	29 AUGUST	30 AUGUST	31 SEPTEMBER	1 SEPTEMBER	2 SEPTEMBER	3 SEPTEMBER	
6	REST	50 mins easy run	30 mins tempo	REST	60 mins cross training	40 mins speed work	CDF 10K or slow long run	
DATE	4 SEPTEMBER	5 SEPTEMBER	6 SEPTEMBER	7 SEPTEMBER	8 SEPTEMBER	9 SEPTEMBER	10 SEPTEMBER	
7	REST	40 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	12 miles (19k) long run pace	
DATE	11 SEPTEMBER	12 SEPTEMBER	13 SEPTEMBER	14 SEPTEMBER	15 SEPTEMBER	16 SEPTEMBER	17 SEPTEMBER	
8	REST	60 mins easy run	30 mins tempo	REST	40 mins cross training	40 mins speed work	12 miles (19k) long run pace	
DATE	18 SEPTEMBER	19 SEPTEMBER	20 SEPTEMBER	21 SEPTEMBER	22 SEPTEMBER	23 SEPTEMBER	24 SEPTEMBER	
9	REST	50 mins easy run	30 mins tempo	REST	40 mins cross training	40 mins speed work	6 miles (10k) long run pace	
DATE	25 SEPTEMBER	26 SEPTEMBER	27 SEPTEMBER	28 SEPTEMBER	29 SEPTEMBER	30 SEPTEMBER	1 OCTOBER	
10	REST	40 mins easy run	30 mins tempo	REST	40 mins easy run or rest	PRINCIPALITY CARDIFF HALF JUNIOR	PRINCIPALITY CARDIFF HALF MARATHON	