



CARDIFF HALF

HANNER MARATHON CAERDYDD

2026 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	13 JULY	14 JULY	15 JULY	16 JULY	17 JULY	18 JULY	19 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	20 JULY	21 JULY	22 JULY	23 JULY	24 JULY	25 JULY	26 JULY	
2	REST	40 mins easy run	30 mins tempo	REST	40 mins cross training	30 mins speed work	60 mins long run	
DATE	27 JULY	28 JULY	29 JULY	30 JULY	31 JULY	1 AUGUST	2 AUGUST	
3	REST	30 mins tempo	30 mins easy run	REST	40 mins cross training	30 mins speed work	6 miles (10k) long run pace	
DATE	3 AUGUST	4 AUGUST	5 AUGUST	6 AUGUST	7 AUGUST	8 AUGUST	9 AUGUST	
4	REST	30 mins tempo	40 mins easy run	REST	40 mins cross training	30 mins speed work	60 mins long run	
DATE	10 AUGUST	11 AUGUST	12 AUGUST	13 AUGUST	14 AUGUST	15 AUGUST	16 AUGUST	
5	REST	40 mins easy run	30 mins tempo	REST	40 mins cross training	30 mins speed work	8 miles (13k) long run pace	
DATE	17 AUGUST	18 AUGUST	19 AUGUST	20 AUGUST	21 AUGUST	22 AUGUST	23 AUGUST	
6	REST	45 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	8 miles (13k) long run pace	
DATE	24 AUGUST	25 AUGUST	26 AUGUST	27 AUGUST	28 AUGUST	29 AUGUST	30 AUGUST	
7	REST	50 mins easy run	30 mins tempo	REST	60 mins cross training	40 mins speed work	8 miles (10k) long run pace	
DATE	31 AUGUST	1 SEPTEMBER	2 SEPTEMBER	3 SEPTEMBER	4 SEPTEMBER	5 SEPTEMBER	6 SEPTEMBER	
8	REST	45 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	Kidney Wales CDF 10K or slow long run	
DATE	7 SEPTEMBER	8 SEPTEMBER	9 SEPTEMBER	10 SEPTEMBER	11 SEPTEMBER	12 SEPTEMBER	13 SEPTEMBER	
9	REST	40 mins easy run	30 mins tempo	REST	50 mins cross training	40 mins speed work	12 miles (19k) long run pace	
DATE	14 SEPTEMBER	15 SEPTEMBER	16 SEPTEMBER	17 SEPTEMBER	18 SEPTEMBER	19 SEPTEMBER	20 SEPTEMBER	
10	REST	60 mins easy run	30 mins tempo	REST	40 mins cross training	40 mins speed work	12 miles (19k) long run pace	
DATE	21 SEPTEMBER	22 SEPTEMBER	23 SEPTEMBER	24 SEPTEMBER	25 SEPTEMBER	26 SEPTEMBER	27 SEPTEMBER	
11	REST	50 mins easy run	30 mins tempo	REST	40 mins cross training	40 mins speed work	6 miles (10k) long run pace	
DATE	28 SEPTEMBER	29 SEPTEMBER	30 SEPTEMBER	1 OCTOBER	2 OCTOBER	3 OCTOBER	4 OCTOBER	
12	REST	40 mins easy run	30 mins tempo	REST	40 mins easy run or rest	CARDIFF HALF JUNIOR	CARDIFF HALF MARATHON	