

**STRIDE**

Intermediate Half Marathon Training Plan

16 Weeks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Base	Easy Run 6 miles easy pace	Cross Train or Rest	Track 10x400m target pace +6s	Cross Train or Rest	Threshold 6 miles incl. 3mi threshold	Cross Train or Rest	Long Run 9 miles easy pace
Week 2 Base	Easy Run 6 miles easy pace	Cross Train or Rest	Track 12x400m target pace +6s	Cross Train or Rest	Threshold 7 miles incl. 3.5mi threshold	Cross Train or Rest	Long Run 10 miles easy pace
Week 3 Base	Easy Run 7 miles easy pace	Cross Train or Rest	Track 6x800m target pace +5s	Cross Train or Rest	Threshold 7 miles incl. 4mi threshold	Cross Train or Rest	Long Run 10 miles easy pace
Week 4 Build	Easy Run 7 miles easy pace	Cross Train or Rest	Track 7x800m target pace +4s	Cross Train or Rest	Threshold 7 miles incl. 4mi threshold	Cross Train or Rest	Long Run 11 miles ■ Fuel every 40 mins
Week 5 1K Reps	Easy Run 7 miles easy pace	Cross Train or Rest	Track 6x1000m at target pace	Cross Train or Rest	Threshold 8 miles incl. 4.5mi threshold	Cross Train or Rest	Long Run 11 miles ■ Fuel every 40 mins
Week 6 Parkrun	Easy Run 5 miles easy, save energy	Cross Train or Rest	Track 6x400m sharp — race pace	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race where are you now?
Week 7 1K Reps	Easy Run 7 miles easy pace	Cross Train or Rest	Track 7x1000m at target pace	Cross Train or Rest	Threshold 8 miles incl. 5mi threshold	Cross Train or Rest	Long Run 12 miles ■ Fuel every 40 mins
Week 8 Sim 10K	Easy Run 5 miles easy, save energy	Cross Train or Rest	Sim 10K 10K race effort controlled but hard	Cross Train or Rest	Rest Day	Cross Train or Rest	Long Run 12 miles ■ Fuel every 40 mins
Week 9 Yasso	Easy Run 7 miles easy pace	Cross Train or Rest	Yasso 800s 6x800m rep = target half time	Cross Train or Rest	Threshold 8 miles incl. 5mi threshold	Cross Train or Rest	Long Run 13 miles ■ Fuel every 40 mins

Week 10 Parkrun	Easy Run 5 miles easy, save energy	Cross Train or Rest	Track 6x400m sharp — race pace	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race feeling the improvement?
Week 11 Yasso	Easy Run 8 miles easy pace	Cross Train or Rest	Yasso 800s 8x800m rep = target half time	Cross Train or Rest	Threshold 8 miles incl. 5mi threshold	Cross Train or Rest	Long Run 14 miles ■ Fuel every 40 mins
Week 12 Yasso	Easy Run 7 miles easy pace	Cross Train or Rest	Yasso 800s 10x800m final fitness check!	Cross Train or Rest	Threshold 7 miles incl. 4mi threshold	Cross Train or Rest	Long Run 15 miles ■ longest run!
Week 13 Race Spec	Easy Run 7 miles easy pace	Cross Train or Rest	Track 4x1600m at target pace	Cross Train or Rest	Threshold 8 miles incl. 3x2mi threshold	Cross Train or Rest	Long Run 14 miles ■ Fuel every 40 mins
Week 14 Parkrun	Easy Run 5 miles easy, race sharpener	Cross Train or Rest	Track 8x400m race pace — sharp	Cross Train or Rest	Rest Day	Cross Train or Rest	Parkrun! 5K race final fitness check!
Week 15 Taper	Easy Run 5 miles easy, stay fresh	Cross Train or Rest	Track 6x400m sharp, keep legs alive	Cross Train or Rest	Easy Run 4 miles easy with strides	Cross Train or Rest	Long Run 8 miles easy — save the legs
Week 16 Race Week	Easy Run 3 miles light activation	Rest Day	Easy Run 2 miles strides at end	Rest Day	Rest Day	Rest Day	Race Day! Run your Half! You've got this!

Easy Run

Track

Threshold

Long Run

Long + Fuel

Yasso 800s

Parkrun!

■ Fuel every 40 mins on long runs. Never try anything new on race day! Yasso 800s: rep time in mins = predicted finish time in hrs

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Intermediate Half Marathon — Pace Guides

16 Weeks

Race Pace Guide — Find your target time and run to these splits

Target	Per Mile	Per KM	5K Split	10K Split	15K Split	Halfway	Yasso 800 target
1:40:00	7:38	4:44	23:43	47:26	1:11:09	50:00	1:40 per rep
1:45:00	8:00	4:58	24:53	49:46	1:14:38	52:30	1:45 per rep
1:50:00	8:23	5:13	26:06	52:12	1:18:18	55:00	1:50 per rep
1:55:00	8:46	5:27	27:19	54:38	1:21:57	57:30	1:55 per rep
2:00:00	9:09	5:41	28:22	56:44	1:25:06	1:00:00	2:00 per rep

Track Session Pace Guide — Use these times for your interval sessions

Target	100m	200m	400m	800m	1000m	1200m	1600m	Yasso 800
1:40:00	14s	28s	56s	1:52	2:21	2:49	3:45	1:40
1:45:00	15s	30s	59s	1:58	2:28	2:58	3:57	1:45
1:50:00	15s	31s	62s	2:04	2:35	3:06	4:09	1:50
1:55:00	16s	32s	65s	2:10	2:43	3:16	4:21	1:55
2:00:00	16s	33s	67s	2:14	2:48	3:22	4:29	2:00

■ **Fuelling Strategy** — Take a gel or energy source every 40 minutes on all long runs over 8 miles. Practice this on every long run so your body adapts. **Never try anything new on race day!** Test different gels, chews and drinks in training to find what works for you.

■ **Yasso 800s Explained** — Run 800m repeats where your rep time in minutes:seconds predicts your half marathon finish time in hours:minutes. If your target is 1:50 half marathon, aim for 1:50 per 800m rep. Recovery jog = same time as your rep. Start with 6 reps (week 9), build to 10 reps (week 12). If you can hit 10x800m at your target time — you're ready!