

# *INTERMEDIATE* **TRAINING PLAN**

# GLOSSARY

## **EASY RUNS**

During your easy runs, don't worry about targeting a certain pace. Just focus on keeping the run controlled, you should be able to maintain a conversation the entire time you are running.

## **STEADY RUNS**

This pace should feel comfortable, but harder than your easy pace.

## **TEMPO RUNS**

This pace should feel harder than your steady pace, but it is not an all out effort. You should be able to maintain this pace for around 30 minutes.

## **TARGET PACE**

This is the pace you need to run to achieve a specific time during your race. For example, for a 2 hour half marathon you will need to run an average pace of 9.09 minute miles/5.41 minute km.

## **LONG RUNS**

The majority of your long runs should be at an easy, comfortable pace. If this is your first half marathon then just focus on time on feet rather than hitting a certain pace or distance goal.

## **PROGRESSION RUNS**

These runs will start at an easy pace, and during the run you will get progressively faster until you reach your target race pace.

## **INTERVALS**

These are the runs where you will really push yourself, aim for a pace that is similar to your 5k pace.

## **STRIDES**

Aim for 3 x 20s strides at around 85-90% efforts. These are short bursts of faster running + help to improve your form and running economy.

## **WARM UP + COOL DOWN**

Very easy paced run before + after a harder session.

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DOWNLOAD  
COOPAH'S  
COACHING  
APP!**






# 16 WEEK INTERMEDIATE HALF MARATHON TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 01	EASY 25 MIN	REST	10 MIN WARM UP 6 X 1 MIN ON/OFF 10 MIN COOL DOWN	REST	REST	30 MIN LONG RUN	REST
WEEK 02	EASY 30 MIN	REST	10 MIN EASY 10 MIN TEMPO 10 MIN EASY	REST	REST	40 MIN LONG RUN	REST
WEEK 03	EASY 35 MIN	REST	10 MIN WARM UP 5 X 2 MIN ON/90s OFF 10 MIN COOL DOWN	REST	REST	50 MIN LONG RUN	REST
WEEK 04	EASY 30 MIN	REST	10 MIN EASY 15 MIN TEMPO 10 MIN EASY	REST	REST	40 MIN LONG RUN	REST
WEEK 05	EASY 40 MIN	REST	10 MIN WARM UP 8 X 1 MIN ON OFF 10 MIN COOL DOWN	REST	REST	STEADY 30 MIN	60 MIN LONG RUN
WEEK 06	EASY 40 MIN	REST	10 MIN WARM UP 5 X 3 MIN ON/90S OFF 10 MIN COOL DOWN	REST	REST	STEADY 30 MIN	70 MIN LONG RUN
<div><div>NOT SURE HOW TO WORK OUT YOUR PACE? LET COOPAH PROVIDE PERSONALISED PACING FOR EVERY RUN. SCAN THE QR CODE TO START!</div></div>							



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 07	EASY 45 MIN	REST	10 MIN WARM UP 20 MIN FARTLEK 10 MIN COOL DOWN	REST	REST	STEADY 40 MIN	80 MIN LONG RUN
WEEK 08	EASY 30 MIN	REST	10 MIN WARM UP 2 X 10 MIN TEMPO (3 MIN RECOVERY) 10 MIN COOL DOWN	REST	REST	90 MIN LONG RUN	REST
WEEK 09	EASY 40 MIN	REST	10 MIN WARM UP 5 X 5 MIN/ 2 MIN OFF 10 MIN COOL DOWN	REST	REST	EASY 45 MIN	30 MIN EASY 15 MIN AT TARGET PACE 30 MIN EASY
WEEK 10	EASY 45 MIN	REST	10 MIN WARM UP 10 X 1 MIN ON/OFF 10 MIN COOL DOWN	REST	REST	TEMPO - 30 MIN	2 HOUR LONG RUN
WEEK 11	EASY 45 MIN	REST	10 MIN WARM UP 8 X 2 MIN ON/OFF 10 MIN COOL DOWN	REST	REST	STEADY 40 MIN	40 MIN EASY 25 MIN AT TARGET PACE 30 MIN EASY
WEEK 12	EASY 30 MIN	REST	10 MIN WARM UP 3 X 8 TEMPO (3 MIN RECOVERY) 10 MIN COOL DOWN	REST	REST	90 MIN LONG RUN	REST
WEEK 13	EASY 45 MIN	REST	10 MIN WARM UP 25 MIN FARTLEK 10 MIN COOL DOWN	REST	REST	PROGRESSION RUN - 10 MIN BLOCK	2 HOUR LONG RUN
<div><div>MISSED A SESSION AND NOT SURE WHAT TO DO? THE COOPAH COACHING APP AUTOMATICALLY UPDATES YOUR PLAN. DOWNLOAD VIA THE QR CODE.</div></div>							



	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WEEK 14</b>	EASY 40 MIN	REST	10 MIN WARM UP 12 X 1 MIN ON/OFF 10 MIN COOL DOWN	REST	REST	STEADY 40 MIN	60 MIN EASY 40 MIN AT TARGET PACE 30 MIN EASY
<b>WEEK 15</b>	EASY 30 MIN	REST	10 MIN WARM UP 20 MIN FARTLEK 10 MIN COOL DOWN	REST	REST	60 MIN LONG RUN	REST
<b>WEEK 16</b>	EASY 30 MIN	REST	30 MIN + STRIDES	REST	REST	20 MIN + STRIDES	RACE DAY!
<div><b>GETTING FASTER BUT WONDERING HOW TO PROGRESS? SCAN THE QR CODE TO START!</b></div>							

**WELL DONE  
& GOOD LUCK  
FROM COOPAH**

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