



# 12 weeks training program for intermediate

Almost everyone can complete a half marathon. However, not everyone can run a half marathon and still feel good afterwards.

The intermediate program is aimed at those who can already run 5 kilometers without any problems. It is designed for you to run three times a week.

The plan is to slowly increase the kilometers on the long run to reach 15 kilometers in a row. If you can run 15 kilometers in training alone, you can also do it with a BIB and the roar of the crowd.

## Good advice

- Run in normal running shoes as much as possible, save any carbon shoes for the competition (if you have carbon shoes, they should be tested before the race for some runs. But avoid them as your daily running shoes).
- The programs for intermediate and advanced runners are set on three running days, while the advanced program is set with four days. You can always swap the days around, but you should not have two hard days in a row. You also need to make sure you recover enough. In other words, remember to take a day off between runs.

- Pace = minutes per kilometer. Be realistic with your half marathon goal. If you've never run before, try testing yourself. If you have a GPS watch, see how long it takes to run 3 kilometers at an "elevated" pace - you may be a little out of breath.

## About calculations

- Intervals are included to help you get used to your half-marathon pace.
- If you want to try a faster pace to see if you can run faster, try breaking it up into smaller chunks than what is written in the program and run about 3-5 seconds faster per kilometer.
- You can buy many different gadgets and things, but running is a simple and low-equipment sport. However, we can recommend a GPS watch to keep track of distance and, to some extent, pace. But keep in mind that you can teach your body to maintain a certain pace within your capacity.

## How to read the programme

Many running days are listed with a number of kilometres at 'easy pace'. Here you run at a pace where you can control your breathing and keep a steady heart rate at a pace that you can maintain throughout the training.

On other days, a number of kilometres is set for you to run at a slightly faster half marathon pace (see more about pace in the calculations section). For example, it may be stated as '10km including 5 km + 2 km at half marathon pace'. In this case, you need to run a total of 10 km, of which the 5 km and 2 km intervals are included in the total training.

In this example, you run 1-2 km as a warm-up at a slower and comfortable pace to get your body moving. Then you run 5km at your slightly faster half marathon pace. You then take a 90-second break before running 2 km at your half marathon pace. Finally, finish your workout with 1-2 kilometres at a slower pace. Try to make the pace of the intervals fairly constant and keep the same or slightly faster pace in the last interval.

The breaks between each interval are set to 90 seconds either in very relaxed movement/walking or standing, whichever works best for you.

**Take care and enjoy your progress - we believe in you.**



# Intermediate

## WEEK 1

Monday:  
Tuesday: 6 km. incl. 2 x  
1 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 9 km. easy  
Sunday:

## WEEK 2

Monday:  
Tuesday: 6 km. incl. 2 km.  
+ 1 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 10 km. easy  
Sunday:

## WEEK 3

Monday:  
Tuesday: 6 km. incl. 2 km.  
+ 1 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 10 km. easy  
Sunday:

## WEEK 4

Monday:  
Tuesday: 7 km. incl. 2 km.  
+ 2 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 10 km. easy  
Sunday:

## WEEK 5

Monday:  
Tuesday: 7 km. incl. 2 km.  
+ 2 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 12 km. easy  
Sunday:

## WEEK 6

Monday:  
Tuesday: 8 km. incl. 3 km.  
+ 3 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 12 km. easy  
Sunday:

## WEEK 7

Monday:  
Tuesday: 8 km. incl. 3 km.  
+ 3 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 14 km. easy  
Sunday:

## WEEK 8

Monday:  
Tuesday: 8 km. incl. 4 km.  
+ 2 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 14 km. easy  
Sunday:

## WEEK 9

Monday:  
Tuesday: 8 km. incl. 4 km.  
+ 2 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 16 km. easy  
Sunday:

## WEEK 10

Monday:  
Tuesday: 9 km. incl. 5 km.  
+ 2 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 16 km. easy  
Sunday:

## WEEK 11

Monday:  
Tuesday: 9 km. incl. 5 km.  
+ 2 km. in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday: 16 km. easy  
Sunday:

## RACEWEEK

Monday:  
Tuesday: 6 km. incl. 2 x 1 km.  
in half marathon pace  
Wednesday:  
Thursday: 5 km. easy  
Friday:  
Saturday:  
Sunday: The Bridge Run