

8 WEEK HALF MARATHON TRAINING



	INTENSITY RUN 1	EASY SHORT RUN 2	LONG RUN 3	TOTAL
WEEK 1	6KM	5KM	9KM	20KM
WEEK 2	7KM	5KM	10KM	22KM
WEEK 3	8KM	4KM	12KM	24KM
WEEK 4	9KM	3KM	14KM	26KM
WEEK 5 DELOAD	10KM	4KM	16KM	30KM
WEEK 6	10KM	4KM	18KM	32KM
WEEK 7 TAPER	6KM	4KM	12KM	22KM
WEEK 8	5KM	4KM	RACE DAY	

