

# Intermediate Half Marathon

Choose the “Intermediate” Half Marathon Calendar (purple) if you are currently walking or running 10–15 miles per week with a longest run / walk of 3–5 miles. Remember, it’s okay to mix walking into a training run at any time. Some runners find it very helpful to use planned walking breaks --- walking for a certain amount of time after running for a number of minutes, or walking first and building into a run. This run/walk combo can be repeated throughout a run.

## Intermediate Half Marathon

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week Total
1	Rest	3	Rest	3	Rest	3	4	13
2	Rest	3	Rest	3	Rest	3	5	14
3	Rest	3	2	3	Rest	3	5	16
4	Rest	3	3	3	Rest	3	6	18
5	Rest	3	3	3	Rest	4	6	19
6	Rest	3	4	3	Rest	3	7	20
7	Rest	3	4	3	Rest	3	9	22
8	Rest	3	4	3	Rest	3	8	21
9	Rest	3	4	3	Rest	3	10	23
10	Rest	4	3	3	Rest	4	11	25
11	Rest	4	3	4	Rest	3	10	24
12	Rest	4	4	4	Rest	3	12	27
13	Rest	4	4	4	Rest	3	10	25
14	Rest	4	4	4	Rest	5	10	27
15	Rest	4	4	3	Rest	4	12	27
16	Rest	4	4	4	Rest	5	9	26
17	Rest	4	4	3	Rest	4	7	22
18	Rest	3	3	Rest	2	Rest	13.1	21+