

Half Marathon
Intermediate
Training Guide



Get Started



Running information

- Long slow distance (LSD) is running at a constant pace at a low to moderate intensity over an extended distance.
- A tempo run is a run that is slightly faster than your average LSD pace.
- Intervals can be done over a shorter period of time, with variations in intensity, incline (including hill runs or steps) and pace.
- Resistance exercises are important to strengthen muscles, improve performance and prevent injury.
- Life gets in the way, so be prepared to be flexible if you become ill, fatigued or even injured. Rest is vital for recovery.







Top tips

- Buy some quality running shoes – never try to break in a new pair near to race day!
- Make yourself a good playlist to help keep you motivated along the way! Comfortable headphones are a MUST.
- Stretching is vital at the end of runs to prevent muscle soreness.
- Add some yoga into your week if you have time.
- Make sure you warm up with some dynamic stretches for at least 5 minutes before each run.
- Make sure you allow at least 5 minutes to cool down and another 5 to stretch out after each run.


























































Weekly Planner | Weeks 1-8

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	 LSD <input type="radio"/>	 Resistance Exercises or Rest <input type="radio"/>	 Tempo <input type="radio"/>	Rest <input type="radio"/>	 Intervals <input type="radio"/>	Rest <input type="radio"/>	 5 miles LSD <input type="radio"/>  <input type="radio"/>
2	Rest <input type="radio"/>	 Resistance <input type="radio"/>	 Tempo <input type="radio"/>	Rest <input type="radio"/>	 Intervals <input type="radio"/>	 Park run or 3 miles at pace <input type="radio"/>	 5 miles LSD <input type="radio"/>  <input type="radio"/>
3	Rest <input type="radio"/>	 Resistance <input type="radio"/>	 Tempo <input type="radio"/>	Rest <input type="radio"/>	 Intervals + Resistance <input type="radio"/>	 Park run or 3 miles at pace <input type="radio"/>	 6 miles LSD <input type="radio"/>  <input type="radio"/>
4	Rest <input type="radio"/>	 Circuits <input type="radio"/>	 Tempo <input type="radio"/>	Rest <input type="radio"/>	 Intervals + Resistance <input type="radio"/>	Rest <input type="radio"/>	 7 miles LSD <input type="radio"/>  <input type="radio"/>
5	 Easy Pace 3 miles <input type="radio"/>	 Resistance <input type="radio"/>	 Tempo <input type="radio"/>	Rest <input type="radio"/>	 Intervals + Resistance <input type="radio"/>	 Park run or 3 miles at pace <input type="radio"/>	 7 miles LSD <input type="radio"/>  <input type="radio"/>
6	Rest <input type="radio"/>	 Circuits <input type="radio"/>	 Tempo <input type="radio"/>	 Easy Pace 3 miles <input type="radio"/>	 Intervals + Resistance <input type="radio"/>	Rest <input type="radio"/>	 8 miles LSD <input type="radio"/>  <input type="radio"/>
7	 Easy Pace 3 miles <input type="radio"/>	 Resistance <input type="radio"/>	Rest <input type="radio"/>	 Tempo <input type="radio"/>	 Intervals + Resistance <input type="radio"/>	Rest <input type="radio"/>	 8 miles LSD <input type="radio"/>  <input type="radio"/>
8	 Easy Pace 4 miles <input type="radio"/>	 Circuits <input type="radio"/>	Rest <input type="radio"/>	 Weighted Run <input type="radio"/>	 Intervals + Resistance <input type="radio"/>	Rest <input type="radio"/>	 Race 10k (6.2 miles) or at race pace <input type="radio"/>

 Easy Pace
  LSD / Long Slow Distance
  Run
  Yoga
  30 Minutes

Weekly Planner | Weeks 9-16

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	 Easy Pace 3 miles	 Resistance	 Tempo	 Weighted Run	 Intervals + Resistance	Rest	 9 miles LSD 
10	 Easy Pace 3 miles	 Circuits	 Tempo	 Intervals + Resistance	Rest	 Park run or 3 miles	 9 miles LSD 
11	 Easy Pace 3 miles	 Resistance	 Tempo	 Weighted Run	 Resistance	Rest	 10 miles LSD 
12	 Easy Pace 4 miles	 Circuits	Rest	 Intervals + Resistance	 Tempo	 Park run or 3 miles	 10 miles LSD 
13	Rest	 Resistance	 Tempo	 Weighted Run	 Intervals + Resistance	Rest	 11 miles LSD 
14	 Easy Pace 4 miles	 Circuits	 Tempo	 Intervals + Resistance	Rest	 Park run or 3 miles	 12 miles LSD 
15	 Easy Pace 4 miles	 Resistance	Rest	 Weighted Run	 Intervals + Resistance	Rest	5 miles
16	 Easy Pace 4 miles	 Resistance	Rest	 Tempo	 Easy Pace	Rest	 Race Day!

 Easy Pace
  LSD / Long Slow Distance
  Run
  Yoga
  30 Minutes

This training plan has been provided by Anthea McCourtie, a registered Nutritional Therapist and qualified personal trainer.

Thank you
for joining
Team Marsden

#TeamMarsden



Running for a future
beyond cancer



mencap

The ROYAL MARSDEN Cancer Charity
royalmar



#10YEARRUNNING
Sunday 8 October 2017

STEPH

The Royal Marsden
Cancer Charity

The Royal Marsden
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