

Intermediate Plan: For runners who currently run 25 to 50 miles per week and expect to run the half marathon in under 1:45:00. We have several group runs at the Running Company (31 South St. Morristown) that fit in with this plan. Feel free to join us anytime! Training is much easier with friends! It is best to do the Tuesday workouts at a track. Do a 10 minute warm up jog before the workout and a 10 minute cool down jog after. Looking for private coaching? Contact us at superherohalf@gmail.com

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 mile easy run	3 mile easy run	5 mile group run at the Morristown Running Co.	6 mile easy run	Off	5 mile group run at the Morristown Running Co.	7 mile easy run
2	3 mile easy run	6x800m at 10k pace (200m recovery)	5 mile group run at the Morristown Running Co.	6 mile easy run	Off	5 mile group run at the Morristown Running Co.	8 mile easy run
3	3 mile easy run	10x 400 at 5k pace (200m recovery)	5 mile group run at the Morristown Running Co.	4 mile easy run	2 mile easy jog	St Patty's Day 5k	9 mile easy run
4	3 mile easy run	5x1000m at 10k pace (200m recovery)	5 mile group run at the Morristown Running Co.	6 mile easy run	Off	6-7 mile easy run	8 mile easy run
5	3 mile easy run	12x200m at 5k pace (200m recovery)	5 mile group run at the Morristown Running Co.	7 mile easy run	Off	6 mile easy run	11 mile easy run
6	Off	3x1 mile at 10k pace (200m recovery)	5 mile group run at the Morristown Running Co.	6 mile easy run	Off	8 mile easy run	12 mile easy run
7	Off	1 mile warm up, 4 mile tempo run, 1 mile cool down	6 mile group run at the Morristown Running Co.	6 mile easy run	Off	5 mile group run at the Morristown Running Co.	9 mile easy run
8	4 mile easy run	4x1 mile at 10k pace (400m recovery)	5 mile group run at the Morristown Running Co.	6 mile easy run	3 mile easy run	5 mile group run at the Morristown Running Co.	14 mile easy run
9	Off	10x 400 at 10k pace (200m recovery)	5 mile group run at the Morristown Running Co.	4 mile easy run	3 mile easy run	15 mile easy run	6 mile course preview run
10	Off	1 mile warm up, 4 mile tempo run, 1 mile cool down	5 mile group run at the Morristown Running Co.	6 mile easy run	3 mile easy run	Off	11 mile easy run
11	Off	6 x 800 at 10k pace (200 recovery)	5 mile group run at the Morristown Running Co.	6 mile easy run	3 mile easy run	Off	7 mile easy run
12	Off	4 x 400m at 5k pace (400m recovery)	5 mile group run at the Morristown Running Co.	4 mile easy run	Off	2 mile easy jog	Superhero Half Marathon!