

Intermediate Half Marathon 16 Week Training Plan

Week 1

Sunday	7 Mile Run
Monday	Rest or Walk
Tuesday	4 Miles STRIDES & Cross Fit
Wednesday	4-6 Mile Run
Thursday	4 Miles HILLS & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 2

Sunday	9 Mile Run
Monday	Rest or Walk
Tuesday	4 Miles FARTLEK & Cross Fit
Wednesday	4-6 Mile Run
Thursday	4 Miles TEMPO Run & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 3

Sunday	16 Mile Run
Monday	Rest or Walk
Tuesday	4 Miles STRIDES & Cross Fit
Wednesday	4-6 Mile Run
Thursday	1/4 Mile REPEATS, 5 Miles & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 4

Sunday	8 Mile Run
Monday	Rest or Walk
Tuesday	5 Miles FARTLEK & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles TEMPO Run & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 5

Sunday	9 Mile Run
Monday	Rest or Walk
Tuesday	4 Miles STRIDES & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles HILLS & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 6

Sunday	10 Mile Run
Monday	Rest or Walk
Tuesday	5 Miles FARTLEK & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles TEMPO Run & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 7

Sunday	7 Mile Run
Monday	Rest or Walk
Tuesday	4 Miles STRIDES & Cross Fit
Wednesday	4-6 Mile Run
Thursday	1/2 Mile REPEATS & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 8

Sunday	10 Mile Run
Monday	Rest or Walk
Tuesday	5 Miles FARTLEK & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles TEMPO Run & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 9

Sunday	11 Mile Run
Monday	Rest or Walk
Tuesday	4 Miles STRIDES & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles HILLS & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 10

Sunday	8 Mile Run
Monday	Rest or Walk
Tuesday	5 Miles FARTLEK & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles TEMPO Run & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 11

Sunday	9 Mile Run
Monday	Rest or Walk
Tuesday	4 Miles STRIDES & Cross Fit
Wednesday	4-6 Mile Run
Thursday	3/4 REPEATS, 5 Miles & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 12

Sunday	11 Mile Run
Monday	Rest or Walk
Tuesday	5 Miles FARTLEK & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles TEMPO Run & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 13

Sunday	10 Mile Run
Monday	Rest or Walk
Tuesday	4 Miles STRIDES & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles HILLS & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 14

Sunday	11 Mile Run
Monday	Rest or Walk
Tuesday	5 Miles FARTLEK & Cross Fit
Wednesday	4-6 Mile Run
Thursday	5 Miles TEMPO Run & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run & Cross Fit

Week 15

Sunday	10 Mile Run
Monday	Rest or Walk
Tuesday	3 Miles STRIDES & Cross Fit
Wednesday	4-6 Mile Run
Thursday	4 Mile Run & Cross Fit
Friday	Bike 15 Miles
Saturday	4 Mile Run

Week 16

Sunday	8 Mile Run
Monday	Rest or Walk
Tuesday	3 Mile Run
Wednesday	4 Mile Run
Thursday	3 Mile Run
Friday	Rest
Saturday	Half Marathon Day!!