

Half Marathon Training Plan - Intermediate

This plan is generated by AI. Adjust this plan to your needs and check with a knowledgeable coach.

[Check our post on Movaia.com/blog for the AI prompt used.](#)

AI Training Plan Notes

I have chosen to use a linear periodization model for your training plan because it is a simple and effective way to gradually increase the intensity and volume of your workouts over time. This model involves starting with a base of endurance and gradually increasing the intensity of your workouts as you get closer to your race date.

In this training plan, I have included a mix of different types of runs to help you improve your endurance, speed, and strength. I have also included strength training sessions twice a week to help you build overall fitness and prevent injuries.

Every fourth week is a recovery week with reduced volume and intensity to allow your body to rest and recover. I have also included a taper period before your race with reduced weekly training volume but maintaining short periods of higher intensity training to help you peak on race day.

I have followed the 80/20 split of easy and hard workouts as you requested and have made sure to include warm-up and cool-down sessions in your training plan. I have also made sure to follow the principle of gradual progression within the training plan and blocks.

I hope this training plan helps you prepare for your upcoming race! Let me know if you have any questions or if there is anything else I can help with.

Week	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday	Sunday
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1	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min)	Recovery Run (30 min, Zone 1)	Tempo Run (45 min, Zone 4)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min) + Take videos for Movaia.com run form check up	Rest
2	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Interval Run (45 min, Zone 5)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min)	Rest
3	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Hill Repeats (45 min, Zone 5)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min)	Rest

4	Rest	Recovery Run (30 min, Zone 1) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Cruise Intervals (45 min, Zone 3-4)	Rest	Functional Threshold Test: Warmup (10 min), Best Effort (20 min)	Rest
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Tempo Run (45 min, Zone 4)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min), Take videos for Movaia.com run form check up	Rest
6	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Interval Run (45 min, Zone 5)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min)	Rest

7	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Hill Repeats (45 min, Zone 5)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min)	Rest
8	Rest	Recovery Run (30 min, Zone 1) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Cruise Intervals (45 min, Zone 3-4)	Rest	Functional Threshold Test: Warmup (10 min), Best Effort (20 min)	Rest

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Tempo Run (45 min, Zone 4)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min), Take videos for Movaia.com run form check up	Rest	
10	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Interval Run (45 min, Zone 5)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min)	Rest	
11	Rest	Endurance Run (60 min, Zone 2) + Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1) + Running Form Drills (15 min)	Hill Repeats (45 min, Zone 5)	Rest	Long Run (90 min, Zone 2) + Running Form Drills (15 min)	Rest	

12	Rest	Taper: Endurance Run (45 min, Zone 2) + Strength Training (30 min) + Running Form Drills (15 min)	Taper: Recovery Run (20 min, Zone 1) + Running Form Drills (15 min)	Taper: Tempo Run (30 min, Zone 4)	Rest	Taper: Long Run (60 min, Zone 2) + Running Form Drills (15 min)	Race Day	
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