



14-WEEK HALF MARATHON INTERMEDIATE RUN TRAINING PLAN

Michelob  ULTRA®

IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M (EASY)	T	W (TEMPO)	T (EASY)	F	S	S
1	3 Miles	Cross train 30 - 40 Minutes	3 Miles	3 Miles	Cross train 30 - 40 Minutes	4 Miles	Rest
2	3 Miles	Cross train 30 - 40 Minutes	3 Miles	3 Miles	Cross train 30-40 Minutes	5 Miles	Rest
3	3 Miles	Cross train 30 - 40 Minutes	3 Miles	3 Miles	Cross train 30-40 Minutes	6 Miles	Rest
4	4 Miles	Cross train 30 - 40 Minutes	4 Miles	3 Miles	Cross train 30-40 Minutes	4 Miles	Rest
5	4 Miles	Cross train 30 - 40 Minutes	4 Miles	3 Miles	Cross train 30-40 Minutes	7 Miles	Rest
6	4 Miles	Cross train 30 - 40 Minutes	4 Miles	3 Miles	Cross train 30-40 Minutes	8 Miles	Rest
7	4 Miles	Cross train 30 - 40 Minutes	5 Miles	3 Miles	Cross train 45-50 Minutes	6 Miles	Rest
8	5 Miles	Cross train 30 - 40 Minutes	5 Miles	3 Miles	Cross train 45-50 Minutes	9 Miles	Rest

RUN MADTOWN



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WEEK	M	T	W	T	F	S	S
9	5 Miles	Cross train 30 - 40 Minutes	6 Miles	3 Miles	Cross train 45-50 Minutes	10 Miles	Rest
10	5 Miles	Cross train 35 - 45 Minutes	7 Miles	3 Miles	Cross train 45-50 Minutes	8 Miles	Rest
11	5 Miles	Cross train 35 - 45 Minutes	6 Miles	3 Miles	Cross train 45-50 Minutes	11 Miles	Rest
12	4 Miles	Cross train 35 - 45 Minutes	6 Miles	3 Miles	Cross train 45-50 Minutes	8 Miles	Rest
13	3 Miles	Cross train 35 - 45 Minutes	5 Miles	3 Miles	Cross train 45-50 Minutes	6 Miles	Rest
14	3 Miles	Cross train 30 Minutes	3 Miles	3 Miles	Rest	Rest	



**THIS TRAINING PLAN IS DESIGNED FOR INTERMEDIATE RUNNERS
PLANNING TO COMPLETE THE HALF MARATHON ON MAY 28TH**