

SOMETHING TELLS US YOU'VE DONE THIS BEFORE

Royal Parks Half Marathon
16 week training plan for
intermediate runners



TALK THE TALK

STRENGTH & CONDITIONING

These sessions mix short bursts of effort (like intervals) with circuit-style training using bodyweight, weights, or machines like the ski erg and echo bike. Everything is designed to support your running — helping you build endurance, recover faster, and feel stronger over any distance.

MOBILITY

These sessions use controlled, flowing movements to improve flexibility and range of motion. They help ease tightness, support recovery, and reduce the risk of injury — especially in the hips, ankles, knees, and spine.

STRENGTH

These sessions include full-body lifts like squats, deadlifts, and presses, as well as single-leg exercises to build balance and stability. Strength training helps improve posture, power, and running efficiency — while reducing the risk of injury in key areas like the hips, knees, and ankles.

EASY RUNS

During your easy runs, don't worry about targeting a certain pace. Just focus on keeping the run controlled, you should be able to maintain a conversation the entire time you are running.

STEADY RUNS

This pace should feel comfortable, but harder than your easy pace.

TEMPO RUNS

This pace should feel harder than your steady pace, but it is not an all out effort. You should be able to maintain this pace for around 30 minutes.

TARGET PACE

This is the pace you need to run to achieve a specific time during your race. For example, for a 2 hour half marathon you will need to run an average pace of 9.09 minute miles/5.41 minute km.

FARTLEK RUN

This workout is a continuous run where you vary your pace and effort throughout. We recommend alternating **2 minutes 30 seconds at your 5K pace** with **2 minutes 30 seconds at a steady, comfortable pace**. Keep switching between the two for the duration of your session.

LONG RUNS

The majority of your long runs should be at an easy, comfortable pace. If this is your first half marathon then just focus on time on feet rather than hitting a certain pace or distance goal.

PROGRESSION RUNS

These runs will start at an easy pace, and during the run you will get progressively faster until you reach your target race pace.

INTERVALS

These are the runs where you will really push yourself, aim for a pace that is similar to your 5k pace.

STRIDES

Aim for 3 x 20s strides at around 85-90% efforts. These are short bursts of faster running + help to improve your form and running economy.

WARM UP + COOL DOWN

Very easy paced run before + after a harder session.

Virgin active

**WE'RE HERE
EVERY STEP
OF THE WAY**



Check out our training & recovery videos for runners

RUN THE RUN

Royal Parks Half Marathon

16 week training plan for intermediate runners

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------------|--------------------|------|--|----------|------|----------------------|---------------------------|
| WEEK 01 | EASY RUN 25 MIN | REST | WARM UP 10 MIN 6 X 1 MIN ON/OFF COOL DOWN 10 MIN | STRENGTH | REST | LONG RUN 30 MIN | MOBILITY & FLEXIBILITY |
| WEEK 02 | EASY RUN 30 MIN | REST | 10 MIN EASY RUN 10 MIN TEMPO RUN 10 MIN EASY RUN | STRENGTH | REST | LONG RUN 40 MIN | MOBILITY & FLEXIBILITY |
| WEEK 03 | EASY RUN 35 MIN | REST | WARM UP 10 MIN 5 X 2 MIN ON /90s OFF COOL DOWN 10 MIN | STRENGTH | REST | LONG RUN 50 MIN | MOBILITY & FLEXIBILITY |
| WEEK 04 | EASY RUN 30 MIN | REST | 10 MIN EASY RUN 15 MIN TEMPO RUN 10 MIN EASY RUN | STRENGTH | REST | LONG RUN 40 MIN | MOBILITY & FLEXIBILITY |
| WEEK 05 | EASY RUN 40 MIN | REST | WARM UP 10 MIN 8 X 1 MIN ON/OFF COOL DOWN 10 MIN | STRENGTH | REST | STEADY RUN 30 MIN | LONG RUN 60 MIN |
| WEEK 06 | EASY RUN 40 MIN | REST | WARM UP 10 MIN 5X 3 MIN ON /90s OFF COOL DOWN 10 MIN | STRENGTH | REST | STEADY RUN 30 MIN | LONG RUN 70 MIN |



GO AT YOUR OWN PACE

Scan to get personalised pacing for every run
on the Coopah run coach app

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------------|--------------------|------|---|----------------------------|------|------------------------------------|--|
| WEEK 07 | EASY RUN 45 MIN | REST | WARM UP 10 MIN FARTLEK 20 MIN COOL DOWN 10 MIN | STRENGTH | REST | STEADY RUN 40 MIN | LONG RUN 80 MIN |
| WEEK 08 | EASY RUN 30 MIN | REST | WARM UP 10 MIN 2 X 10 MIN TEMPO RUN (3 MIN RECOVERY) COOL DOWN 10 MIN | STRENGTH | REST | LONG RUN 90 MIN | MOBILITY & FLEXIBILITY |
| WEEK 09 | EASY RUN 40 MIN | REST | WARM UP 10 MIN 5 X 5 MIN ON /2 MIN OFF COOL DOWN 10 MIN | STRENGTH | REST | EASY 45 MIN | EASY RUN 30 MIN 15 MIN AT TARGET PACE EASY RUN 30 MIN |
| WEEK 10 | EASY RUN 45 MIN | REST | WARM UP 10 MIN 10 X 1 MIN ON/OFF COOL DOWN 10 MIN | STRENGTH | REST | TEMPO RUN 30 MIN | LONG RUN 2 HOURS |
| WEEK 11 | EASY RUN 45 MIN | REST | WARM UP 10 MIN 8 X 2 MIN ON/OFF COOL DOWN 10 MIN | STRENGTH & CONDITIONING | REST | STEADY RUN 40 MIN | EASY RUN 40 MIN 25 MIN AT TARGET PACE EASY RUN 30 MIN |
| WEEK 12 | EASY RUN 30 MIN | REST | WARM UP 10 MIN 3 X 8 TEMPO RUN (3 MIN RECOVERY) COOL DOWN 10 MIN | STRENGTH & CONDITIONING | REST | LONG RUN 90 MIN | MOBILITY & FLEXIBILITY |
| WEEK 13 | EASY RUN 45 MIN | REST | WARM UP 10 MIN FARTLEK 25 MIN COOL DOWN 10 MIN | STRENGTH & CONDITIONING | REST | PROGRESSION RUN 10 MIN BLOCK | LONG RUN 2 HOURS |



MISSED A SESSION?

Download the Coopah run coach app to get automatic adjustments & updates to your plan

| | MON | TUES | WED | THUR | FRI | SAT | SUN |
|----------------|--------------------|------|---|----------------------------|------|----------------------|--|
| WEEK 14 | EASY RUN 40 MIN | REST | WARM UP 10 MIN 12 X 1 MIN ON/OFF COOL DOWN 10 MIN | STRENGTH & CONDITIONING | REST | STEADY RUN 40 MIN | EASY RUN 60 MIN 40 MIN AT TARGET PACE EASY RUN 30 MIN |
| WEEK 15 | EASY RUN 30 MIN | REST | WARM UP 10 MIN FARTLEK 20 MIN COOL DOWN 10 MIN | STRENGTH & CONDITIONING | REST | LONG RUN 60 MIN | MOBILITY & FLEXIBILITY |
| WEEK 16 | EASY RUN 30 MIN | REST | STRIDES 30 MIN + | STRENGTH & CONDITIONING | REST | STRIDES 20 MIN + | RACE DAY, BABY |



SO YOU'RE GETTING FASTER

Now let's figure out your progression plan

Scan to get started

DON'T SWEAT IT YOU'VE GOT THIS

We're here every
step of the way

