

COO:PAH

ROYAL PARKS HALF MARATHON
TRAINING PLAN: INTERMEDIATE



GLOSSARY

EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

STEADY RUNS

Comfortable but harder than easy pace.

TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

PROGRESSION RUNS

Start easy, gradually increase to target race pace.

INTERVALS

High effort, aim for 5K pace.

STRIDES

3 × 20s at 85–90% effort. Improves form and running economy.

WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

[CLICK HERE OR SCAN THE QR CODE TO ACCESS YOUR PERSONALISED ROYAL PARKS TRAINING PLAN POWERED BY COOPAH. USE THE CODE 'ROYALPARKS' FOR TWO WEEKS FREE.](#)



HALF MARATHON: INTERMEDIATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Easy 25min	Rest	10min warm up, 6×1min on/off, 10min cool down	Rest	Rest	30min long run	Rest
WEEK 02	Easy 30min	Rest	10min easy, 10min tempo, 10min easy	Rest	Rest	40min long run	Rest
WEEK 03	Easy 35min	Rest	10min warm up, 5×2min on/90s off, 10min cool down	Rest	Rest	50min long run	Rest
WEEK 04	Easy 30min	Rest	10min easy, 15min tempo, 10min easy	Rest	Rest	40min long run	Rest
WEEK 05	Easy 40min	Rest	10min warm up, 8×1min on/off, 10min cool down	Rest	Rest	Steady 30min	60min long run
WEEK 06	Easy 40min	Rest	10min warm up, 5×3min on/90s off, 10min cool down	Rest	Rest	Steady 30min	70min long run
WEEK 07	Easy 45min	Rest	10min warm up, 20min Fartlek, 10min cool down	Rest	Rest	Steady 40min	80min long run
WEEK 08	Easy 30min	Rest	10min warm up, 2×10min tempo (3min recovery), 10min cool down	Rest	Rest	90min long run	Rest

HALF MARATHON: INTERMEDIATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 09	Easy 40min	Rest	10min warm up, 5x5min/2min off, 10min cool down	Rest	Rest	Easy 45min	30min easy, 15min target pace, 30min easy
WEEK 10	Easy 45min	Rest	10min warm up, 10x1min on/off, 10min cool down	Rest	Rest	Tempo 30min	2hr long run
WEEK 11	Easy 45min	Rest	10min warm up, 8x2min on/off, 10min cool down	Rest	Rest	Steady 40min	40min easy, 25min target pace, 30min easy
WEEK 12	Easy 30min	Rest	10min warm up, 3x8 tempo (3min recovery), 10min cool down	Rest	Rest	90min long run	Rest
WEEK 13	Easy 45min	Rest	10min warm up, 25min Fartlek, 10min cool down	Rest	Rest	Progression run - 10min block	2hr long run
WEEK 14	Easy 40min	Rest	10min warm up, 12x1min on/off, 10min cool down	Rest	Rest	Steady 40min	60min easy, 40min target pace, 30min easy
WEEK 15	Easy 30min	Rest	10min warm up, 20min Fartlek, 10min cool down	Rest	Rest	60min long run	Rest
WEEK 16	Easy 30min	Rest	30min + strides	Rest	Rest	20min + strides	Race Day

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WELL DONE & GOOD LUCK
FROM COOPA

The logo for 'Half' features a small crown icon above the letter 'a' in the word 'Half', which is rendered in a bold, white, sans-serif font.