



RUN · INTERMEDIATE

Intermediate *Half* marathon



8-Week Half Marathon Training Plan

Sharpen for a half marathon in eight focused weeks.

EVENT

Half marathon

LEVEL

Intermediate

LENGTH

8 weeks

DAYS / WEEK

4



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 8 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Easy Run	33 min
23 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Long Run	51 min
41 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	33 min
23 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	59 min
49 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Long Run	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	95 min
85 min continuous · 5 min warm-up · 5 min cool-down		

Week 3**BUILD**

Mon **Threshold Intervals** 48 min
4 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Wed **Long Run** 60 min
50 min continuous · 5 min warm-up · 5 min
cool-down

Fri **VO2max Intervals** 40 min
4 × (3 min work / 2 min easy) · 10 min warm-
up · 10 min cool-down

Sat **Long Run** 93 min
83 min continuous · 5 min warm-up · 5 min
cool-down

Week 4**BUILD**

Mon **Threshold Intervals** 34 min
2 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Wed **Long Run** 60 min
50 min continuous · 5 min warm-up · 5 min
cool-down

Fri **Easy Run** 36 min
26 min continuous · 5 min warm-up · 5 min
cool-down

Sat **Long Run** 91 min
81 min continuous · 5 min warm-up · 5 min
cool-down

Week 5**BUILD**

Mon **Threshold Intervals** 48 min
4 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Wed **Long Run** 51 min
41 min continuous · 5 min warm-up · 5 min
cool-down

Fri **Tempo Run** 56 min
36 min continuous · 10 min warm-up · 10 min
cool-down

Sat **Long Run** 98 min
88 min continuous · 5 min warm-up · 5 min
cool-down

Week 6**BUILD**

Mon **Threshold Intervals** 55 min
5 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Wed **Long Run** 69 min
59 min continuous · 5 min warm-up · 5 min
cool-down

Fri **Tempo Run** 78 min
53 min continuous · 15 min warm-up · 10 min
cool-down

Sat **Long Run** 117 min
107 min continuous · 5 min warm-up · 5 min
cool-down

Week 7**PEAK**

Mon **Tempo Run** 75 min
50 min continuous · 15 min warm-up · 10 min
cool-down

Wed **Easy Run** 40 min
30 min continuous · 5 min warm-up · 5 min
cool-down

Fri **Threshold Intervals** 48 min
4 × (5 min work / 2 min easy) · 10 min warm-up
· 10 min cool-down

Sat **Long Run** 108 min
98 min continuous · 5 min warm-up · 5 min
cool-down

Week 8**RACE WEEK**

Mon **Recovery Run** 30 min
30 min continuous

Wed **Base Run with Strides** 25 min
1 × 11 min with recoveries · 5 min warm-up · 5
min cool-down

Fri **Recovery Run** 30 min
30 min continuous

Sun **Race Day: Run** **RACE** 120 min
120 min continuous

