



RUN · INTERMEDIATE

Intermediate *Half* *marathon*



12-Week Intermediate Half Marathon Plan

Break through a half-marathon plateau with race-pace volume.

EVENT

Half marathon

LEVEL

Intermediate

LENGTH

12 weeks

DAYS / WEEK

5



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 · 12 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	Recovery Run 29 min continuous	29 min
Wed	Long Run 43 min continuous · 5 min warm-up · 5 min cool-down	53 min
Thu	Easy Run 23 min continuous · 5 min warm-up · 5 min cool-down	33 min
Fri	Easy Run 23 min continuous · 5 min warm-up · 5 min cool-down	33 min
Sun	Long Run 51 min continuous · 5 min warm-up · 5 min cool-down	61 min

Week 2

BASE

Mon	Recovery Run 30 min continuous	30 min
Wed	Long Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Thu	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Fri	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Sun	Long Run 69 min continuous · 5 min warm-up · 5 min cool-down	79 min

Week 3

BASE

Mon Recovery Run 30 min
30 min continuous

Wed Long Run 55 min
45 min continuous · 5 min warm-up · 5 min cool-down

Thu Easy Run 45 min
35 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

Sun Long Run 95 min
85 min continuous · 5 min warm-up · 5 min cool-down

Week 4

BUILD

Mon Recovery Run 30 min
30 min continuous

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

Thu Long Run 48 min
38 min continuous · 5 min warm-up · 5 min cool-down

Fri Easy Run 28 min
18 min continuous · 5 min warm-up · 5 min cool-down

Sun Long Run 76 min
66 min continuous · 5 min warm-up · 5 min cool-down

Week 5

BUILD

Mon Recovery Run 30 min
30 min continuous

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

Thu Long Run 68 min
58 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

Sun Long Run 103 min
93 min continuous · 5 min warm-up · 5 min cool-down

Week 6

BUILD

Mon Recovery Run 30 min
30 min continuous

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

Thu Long Run 75 min
65 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

Sun Long Run 114 min
104 min continuous · 5 min warm-up · 5 min cool-down

Week 7

BUILD

Mon	Recovery Run 28 min continuous	28 min
Wed	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Thu	Long Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Fri	Tempo Run 40 min continuous · 10 min warm-up · 10 min cool-down	60 min
Sun	Long Run 96 min continuous · 5 min warm-up · 5 min cool-down	106 min

Week 8

BUILD

Mon	Recovery Run 28 min continuous	28 min
Wed	Threshold Intervals 3 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	41 min
Thu	Long Run 41 min continuous · 5 min warm-up · 5 min cool-down	51 min
Fri	Tempo Run 37 min continuous · 10 min warm-up · 10 min cool-down	57 min
Sun	Long Run 82 min continuous · 5 min warm-up · 5 min cool-down	92 min

Week 9

BUILD

Mon	Recovery Run 30 min continuous	30 min
Wed	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Thu	Long Run 65 min continuous · 5 min warm-up · 5 min cool-down	75 min
Fri	Tempo Run 60 min continuous · 15 min warm-up · 10 min cool-down	85 min
Sun	Long Run 117 min continuous · 5 min warm-up · 5 min cool-down	127 min

Week 10

PEAK

Mon	Recovery Run 30 min continuous	30 min
Wed	Tempo Run 50 min continuous · 15 min warm-up · 10 min cool-down	75 min
Thu	Easy Run 30 min continuous · 5 min warm-up · 5 min cool-down	40 min
Fri	Threshold Intervals 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Sun	Long Run 98 min continuous · 5 min warm-up · 5 min cool-down	108 min

Week 11

TAPER

Mon	Recovery Run 23 min continuous	23 min
Wed	Threshold Intervals 2 x (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	34 min
Thu	Easy Run 11 min continuous · 5 min warm-up · 5 min cool-down	21 min
Fri	Easy Run 11 min continuous · 5 min warm-up · 5 min cool-down	21 min
Sun	Long Run 58 min continuous · 5 min warm-up · 5 min cool-down	68 min

Week 12

RACE WEEK

Mon	Recovery Run 30 min continuous	30 min
Wed	Base Run with Strides 1 x 11 min with recoveries · 5 min warm-up · 5 min cool-down	25 min
Thu	Recovery Run 30 min continuous	30 min
Fri	Recovery Run 30 min continuous	30 min
Sun	Race Day: Run RACE 120 min continuous	120 min