

Shelter's intermediate 24-week training plan

Sub 4-hour course completion

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Jog 10 min, run 10 min	Jog 30 min	Fartlek – total 30 min	Jog 20 min	Fartlek – total 35 min	REST	Run 60 min
Week 2	Steady run 30 min	Fartlek – total 40 min	Jog 30 min	Fartlek – total 30 min	Jog 30 min	REST	Run 60 min
Week 3	Jog 30 min	Fartlek – total 45 min	Jog 10 min, run 35 min	Interval – sprint 30 sec, 3 min recovery, repeat x 3. Jog 15 min	Jog 40 min	Jog 15 min	Fartlek – total 70 min
Week 4	Jog 30 min	Interval – max effort 60 sec, walk 3 min, repeat x 3	Jog 45 min	Jog 10 min, run 35 min	Jog 15 min, run 15 min, jog 15 min	REST	Run 60 min
Week 5	Jog 30 min	Interval – max effort 60 sec, walk 3 min, max effort 45 sec, walk 3 min, max effort 30 sec, walk 3 min, repeat x 6	Jog 45 min	Run 45 min	Interval – max effort 70 sec, walk 3 min, max effort 45 sec, walk 2 min, max effort 30 sec, walk 3 min, repeat x 3	REST	Run 60 min
Week 6	Jog 30 min	Interval – max effort 75 sec, walk 3 min, repeat x 3	Jog 45 min	Run 25 min	Jog 20 min	Jog 15 min, walk 10 min	RACE – 10k (if not – run 60 min)

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Week 7	If raced, REST; if not, jog 15 min, run 10 min	If raced, jog 30 min; if not, fartlek total 60 min	Jog 20 min, run 20 min	Run 45 min	Run 30 min	REST	Fartlek – total 70 min
Week 8	Jog 25 min, run 10 min, jog 25 min	Interval – max effort 60 sec, walk 3 min, repeat x 6	Jog 60 min	Fartlek – total 75 min	Jog 25 min	REST	Jog 90 min
Week 9	Jog 30 min	Interval – max effort 75 sec, walk 3 min, max effort 45 sec, walk 2 min, max effort 30 sec, walk 4 min, repeat x 4	Jog 45 min	Run 75 min	Jog 30 min	REST	Run 90 min
Week 10	Jog 45 min	Fartlek – total 75 min	Jog 10 min, run 10 min, jog 15 min	Interval – max effort 75 sec, walk 3 min, max effort 60 sec, walk 3 min, max effort 30 sec, walk 2 min, repeat x 4	Jog 25 min	REST	Run 90 min
Week 11	Jog 30 min	Interval – max effort 60 sec, walk 3 min, max effort 30 sec, walk 3 min, max effort 60 sec, walk 3 min, repeat x 2	Jog 20 min	Interval – max effort 75 sec, walk 3 min, max effort 30 sec, walk 3 min, max effort 45 sec, walk 3 min, repeat x 2	Jog 20 min	REST	Run 90 min
Week 12	Jog 30 min	Run 90 min	Jog 30 min	Jog 20 min, run 20 min, jog 20 min	Jog 15 min, walk 15 min	REST	RACE – half marathon

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Week 13	If raced, REST. If not, jog 30 min	If raced, jog 30 min. If not, fartlek – total 75 min	Jog 15 min, run 30 min, jog 30 min	Run 60 min	Jog 45 min, run 10 min, jog 15 min	REST	Fartlek – total 90 min
Week 14	Jog 10 min, run 10 min, jog 5 min	Interval – max effort 60 sec, walk 3 min, repeat x 6	Jog 30 min	Fartlek – total 60 min	Jog 30 min	REST	Run 100 min
Week 15	Jog 20 min	Jog 10 min, run 30 min, jog 30 min	Interval – max effort 75 sec, walk 3 min, repeat x 2; max effort 45 sec, walk 3 min, repeat x 2	Max effort 15 sec, walk 3 min, repeat x 2	Jog 35 min	Interval – max effort 60 sec, walk 3 min, repeat x 6	Jog 15 min, walk 15 min, fartlek – total 60 min
Week 16	Jog 15 min	Interval – max effort 60 sec, walk 3 min, max effort 50 sec, walk 3 min, max effort 40 sec, walk 2 min, max effort 30 sec, walk 1 min, max effort 30 sec	Jog 35 min	Run 60 min	Jog 45 min, run 10 min, jog 25 min	REST	Jog 120 min
Week 17	Jog 30 min	Jog 30 min, run 15 min, jog 30 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 45 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 10 min, walk 10 min	Fartlek – total 90 min
Week 18	Jog 15 min	Run 70 min	Fartlek – total 70 min	Jog 15 min	Fartlek – total 70 min	REST	Jog 120 min

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 19	Jog 30 min	Interval – max effort 75 sec, walk 3 min, max effort 65 sec, walk 3 min, repeat x 5	Jog 45 min	Fartlek – total 65 min	Jog 15 min, run 15 min, jog 30 min	REST	Run 120 min
Week 20	Walk 10 min, jog 15, walk 10 min	Jog 45 min	Jog 15 min, run 25 min, jog 25 min	Interval – max effort 30 sec, walk 3 min, repeat x 6	Jog 45 min	REST	Fartlek – total 100 min
Week 21	Jog 30 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 45 min	Run 60 min	Jog 40 min, run 20 min, jog 10 min	REST	Run 130 min
Week 22	Jog 15 min, walk 10 min, jog 10 min	Jog 10 min, run 30 min, jog 20 min	Run 75 min	Jog 15 min	Run 60 min	Jog 15 min, walk 15 min	Fartlek – total 120 min
Week 23	Jog 20 min	Run 20 min	Jog 10 min, run 10 min, jog 10 min	Fartlek – total 60 min	Jog 20 min, run 10 min, jog 15 min	REST	Jog 120 min
Week 24	Jog 30 min	Run 60 min	Jog 30 min	Jog 15 min	REST	REST	RACE

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