

Half Marathon Medium mileage

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Other | Total miles |
|---------|----------------|--------------------------|---------------------------|-----------------------------|----------------|---------------------------------|-------------------------------------|----------------------|-------------|
| Week 12 | 10th July | 11th July | 12th July | 13th July | 14th July | 15th July | 16th July | | |
| | Rest | Tempo session 4 miles | Track 6 miles | Easy 4 miles | Rest | parkrun effort 3 miles | LSR easy 10 miles | | 27 |
| Week 11 | 17th July | 18th July | 19th July | 20th July | 21st July | 22nd July | 23rd July | | |
| | Rest | Hilly tempo 6 miles | Track 4 miles | Easy 4 miles | Rest | parkrun easy 4 miles | LSR easy 12 miles | | 30 |
| Week 10 | 24th July | 25th July | 26th July | 27th July | 28th July | 29th July | 30th July | | |
| | Rest | Hilly tempo 5 miles | Road intervals 5 miles | Easy 4 miles | Rest | parkrun easy 3 miles | LSR easy 10 miles | | 27 |
| Week 9 | 31st July | 1st August | 2nd August | 3rd August | 4th August | 5th August | 6th August | | |
| | Rest | Tempo session 5 miles | Track 6 miles | Rest | Rest | parkrun easy 4 miles | LSR 13 miles | GLCL race on Tuesday | 28 |
| Week 8 | 7th August | 8th August | 9th August | 10th August | 11th August | 12th August | 13th August | | |
| | Rest | Tempo 5 miles | Track 6 miles | Easy 4 miles | Rest | parkrun 3 miles | LSR easy 14 miles | | 32 |
| Week 7 | 14th August | 15th August | 16th August | 17th August | 18th August | 19th August | 20th August | | |
| | Rest | Hilly tempo 5 miles | Road intervals 5 miles | Easy 4 miles | Rest | parkrun easy 4 miles | LSR 14 miles | | 32 |
| Week 6 | 21st August | 22nd August | 23rd August | 24th August | 25th August | 26th August | 27th August | | |
| | Rest | Hilly tempo 5 miles | Track 5 miles | Easy 5 miles | Rest | parkrun easy 3 miles | LSR - fast last 3 miles 13 miles | | 31 |
| Week 5 | 28th August | 29th August | 30th August | 31st August | 1st September | 2nd September | 3rd September | | |
| | Rest | Tempo session 5 miles | Track 6 miles | Easy 5 miles | Rest | parkrun effort 3 miles | LSR 12 miles | GLCL race on Tuesday | 31 |
| Week 4 | 4th September | 5th September | 6th September | 7th September | 8th September | 9th September | 10th September | | |
| | Rest | Tempo 6 miles | Hills road 5 miles | Easy 4 miles | Rest | Easy parkrun 3 miles | LSR 15 miles | | 33 |
| Week 3 | 11th September | 12th September | 13th September | 14th September | 15th September | 16th September | 17th September | | |
| | Rest | Tempo 6 miles | Track 5 miles | Easy hilly route 4 miles | Rest | parkrun easy 4 miles | Oldbury 10 Miler 10 miles | | 29 |
| Week 2 | 18th September | 19th September | 20th September | 21st September | 22nd September | 23rd September | 24th September | | |
| | Rest | Hilly tempo 4 miles | Track 5 miles | Easy 4 miles | Rest | parkrun effort 3 miles | LSR 7 miles | | 23 |
| Week 1 | 25th September | 26th September | 27th September | 28th September | 29th September | 30th September | 1st October | | |
| | Rest | Tempo 4 miles | Road intervals 4 miles | Rest | Rest | parkrun with strides 3 miles | Race day! 13.1 miles | | 24.1 |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Other | Total miles |

Key

| | |
|--------------------------|--|
| Race | Use as a benchmark to see how training is progressing |
| Easy Run | Conversational pace |
| Brisk run | Tempo = Comfortably fast. Threshold = One word answer pace |
| Interval (speed) session | Not easy to talk |
| Rest | Complete rest, swim, stretch or yoga |
| Long Run | These should be run at approximately 1-2mins above your marathon goal pace |