

# Ready to take your running to the next level?

Our 12-week intermediate training plan is for those who can already run 5 km – and are ready for more. You'll have three weekly running days that gradually build you up to being able to run 15 km in training. This means you'll be well equipped to tackle 21.0975 km on race day when the adrenaline and crowd support will keep you pumping.

The program is easy to follow and gives you a clear direction in your training so you can stay motivated to the finish line.

## **Train smart and with focus**

You get structure, variety and time to recover – all designed to make you stronger week by week. Some days are about finding your rhythm, others about feeling the pace and pushing yourself a little. It's all put together to give you the balance and energy to enjoy the ride to the finish line.

And remember: Recovery is just as important as the fast kilometers. Your progress comes in the breaks – not just in the training.

## **Your plan, your pace**

Use a running watch if you have one – but don't let it control everything. Running is also about feel. If you're having a high-energy day, test your pace. If you need to take it a little slower, do it. The most important thing is continuity and the joy of seeing progress.

It's perfectly normal to have good and bad training days. Trust the process – you'll get stronger with every run you take.

## **How to read your program**

You'll encounter days with a steady pace and days where you need a little more speed in your legs. Use warm-up and cool-down jogs to start and end your runs. You'll find the pace and structure in the program itself – and you'll quickly find out what works for you.

# Intermediate

## Week 1

Monday	
Tuesday	6 km. incl. 2 x 1 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	9 km. easy
Sunday	

## Week 4

Monday	
Tuesday	7 km. incl. 2 km. + 2 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	10 km. easy
Sunday	

## Week 7

Monday	
Tuesday	8 km. incl. 3 km. + 3 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	14 km. easy
Sunday	

## Week 10

Monday	
Tuesday	9 km. incl. 5 km. + 2 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	16 km. easy
Sunday	

## Week 2

Monday	
Tuesday	6 km. incl. 2 km. + 1 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	10 km. easy
Sunday	

## Week 5

Monday	
Tuesday	7 km. incl. 2 km. + 2 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	12 km. easy
Sunday	

## Week 8

Monday	
Tuesday	8 km. incl. 4 km. + 2 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	14 km. easy
Sunday	

## Week 11

Monday	
Tuesday	9 km. incl. 5 km. + 2 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	16 km. easy
Sunday	

## Week 3

Monday	
Tuesday	6 km. incl. 2 km. + 1 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	10 km. easy
Sunday	

## Week 6

Monday	
Tuesday	8 km. incl. 3 km. + 3 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	12 km. easy
Sunday	

## Week 9

Monday	
Tuesday	8 km. incl. 4 km. + 2 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	16 km. easy
Sunday	

## Race week

Monday	
Tuesday	6 km. incl. 2 x 1 km. in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	<b>CPH Half</b>