

Half Marathon Advanced training plan – Sub 1 hour 45 mins

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1	4 miles Easy	Rest	6 miles Steady	5 miles Fartlek run	Rest	5 miles Easy	Long Run 10 miles
Week 2	4 miles Easy	Tempo Run 3 x 7 mins tempo, 4 mins recovery	5 miles Easy	Interval: 4 x 1 mile (2 mins recovery)	Rest	5 miles Easy	Long Run 10 miles
Week 3	4 miles Easy	Hill run 6 x 2 mins (jog down to recover)	5 miles Steady	Interval: 6 x 1k (90 secs recovery)	Rest	5 miles Steady	Long Run 12 miles
Week 4	5 miles Easy	Tempo Run 2 x 10 mins tempo, 5 mins recovery	6 miles Steady	6 miles Easy	Rest	Rest	6 mile run Race pace
Week 5	5 miles Steady	Tempo Run 2 x 15 mins tempo, 5 mins recovery	7 miles Steady	Hill run 6 x 2 mins (jog down to recover)	Rest	5 miles Easy	Long Run 13 miles
Week 6	5 miles Easy	Tempo Run 2 x 20 mins tempo, 5 mins recovery	7 miles Steady	Interval: 5 x 1 mile (2 mins recovery)	Rest	5 miles Steady	Long Run 14 miles
Week 7	5 miles Easy	Tempo Run 20 mins tempo, 5 mins recovery, 15 mins tempo, 4 mins recovery, 10 mins tempo, 3 mins recovery	7 miles Steady	Hill run 8 x 2 mins (jog down to recover)	Rest	5 miles Easy	Long Run 15 miles
Week 8	5 miles Easy	Rest	7 miles Steady	Interval: 5 x 1k (90 sec recovery)	Rest	Rest	6 mile run Race pace
Week 9	7 miles Steady	Tempo Run 3 x 10 mins tempo, 4 mins recovery	8 miles Steady	Hill run 8 x 2 mins (jog down to recover)	Rest	5 miles Easy	Long Run 16 miles
Week 10	5 miles Easy	Tempo Run 20 mins tempo, 5 mins recovery, 15 mins tempo, 4 mins recovery, 10 mins tempo,	8 miles Steady	Hill run 6 x 2 mins (jog down to recover)	Rest	6 miles Steady	Long Run 12 miles

		3 mins recovery					
Week 11	5 miles Easy	7 miles 1 mile easy, 5 miles race pace, 1 mile easy	5 miles Easy	Tempo Run 2 x 10 mins Tempo, 5 mins recovery	Rest	6 miles Steady	Long Run 10 miles
Week 12	4 miles Easy	5 miles 1 mile easy, 3 miles race pace, 1 mile easy	Rest	6 miles Steady	Rest	Rest	Half Marathon Race

Tempo Run – A faster paced workout described as ‘comfortably hard’.

Easy Run – 50%-75% of your usual training pace.

Cross Train – An alternative cardio workout eg. Cycling or swimming

Fast Run – A faster paced run that can not be sustained for more than a few minutes.

Progression Run – A structured run increasing in pace throughout the session from beginning to end.

Hill Run – Fast paced short burst up a hill with a steady incline.

Fartlek Run – Longer run with periods of fast running intermixed with periods of slow running.

Interval Training – Short high intensity workouts with low intensity rest periods combined between sets.