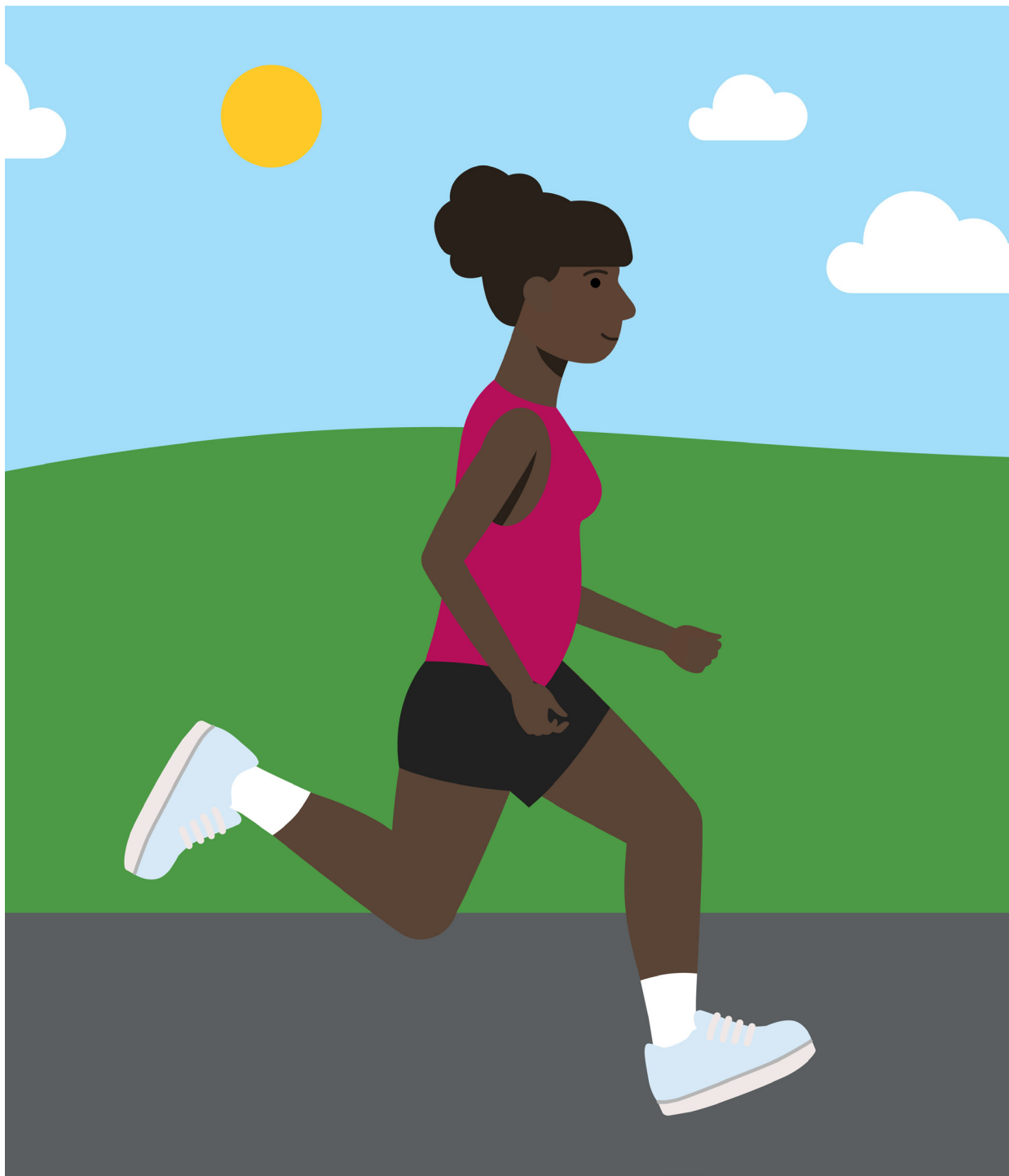




Together we are
beating cancer

Half Marathon Training Plan Advanced

running
withus 

Half Marathon Advanced



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	Easy run: 30-40 minutes + core	Threshold run: 50 minutes to include 5 x 5 minutes effort, 90 seconds easy	Easy run or cross training: 45 minutes + core	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Continuous hills: 45 minutes to include 4 x 6 minutes of effort with 90 seconds easy recovery	Long run: 80-90 minutes easy conversational pace
02	Easy run: 30-40 minutes + core	Morning: Easy run: 30-40 minutes (optional) Afternoon: Threshold run: 50 minutes to include 6 x 5 minutes effort, 90 seconds easy	Easy run or cross training: 45 minutes + core	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Continuous hills: 60 minutes to include 3 x 8 minutes of effort with 2 minutes easy recovery	Long run: 90 minutes easy conversational pace
03	Easy run: 30-40 minutes + core	Morning: Easy run: 30-40 minutes (optional) Afternoon: Threshold run: 50 minutes to include 6 x 5 minutes effort, 90 seconds easy	Easy run or cross training: 45 minutes + core	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Continuous hills: 60 minutes to include 3 x 10 minutes of effort with 2 minutes easy recovery	Long run: 90 minutes with last 15 at half marathon pace (HMP) if you feel good

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04	Easy run: 30–40 minutes + core	Threshold run: 50 minutes to include 5 x 5 minutes effort, 90 seconds easy	Easy run or cross training: 40 minutes + core	Progression run: of 10/10/10	Rest	Parkrun or self timed 5km time trial	Long run: 80 minutes easy conversational pace
05	Easy run: 40 minutes + core	Morning: Easy run: 30–40 minutes (optional) Afternoon: 8 x 3 alternating odd numbers at threshold effort, even at 5km pace from 90 seconds rest	Easy run or cross training: 45–60 minutes + core	Progression run: 15 minute easy, 15 minute steady, 15 minute threshold	Rest	Continuous hills: 60 minutes to include 4 x 8 minutes effort, 2 minute easy recovery	Long run: 1 hour 45 minutes all easy
06	Easy run: 40 minutes + core	Morning: Easy run: 30–40 minutes (optional) Afternoon: 8 x 3 alternating odd numbers at threshold effort, even at 5km pace from 90 seconds rest	Easy run or cross training: 45–60 minutes + core	Threshold run: 45–60 minutes with final 25 threshold effort	Rest	45 minute easy steady run	Long run: 1 hour 45 minutes with final 20 at half marathon pace

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07	Easy run: 30-40 minutes + core	Morning: Easy run: 30-40 minutes (optional) Afternoon: Interval session 6 x 800m at 5km pace with 75-90 seconds rest	Easy run or cross training: 45-60 minutes + core	Progression run: 10 minute easy, 10 minute steady, 10 minute threshold	Rest	30-40 minute easy pace	Long run: 10km race
08	Easy run: 40 minutes + core	Morning: Easy run: 30-40 minutes (optional) Afternoon: Interval session 6 x 800m at 5km pace with 75-90 seconds rest	Easy run or cross training: 45-60 minutes + core	Threshold run: 45-60 minutes with final 25 threshold effort	Rest	45 minute easy steady run	Long run: 1 hour 50 minutes with final 20 at half marathon pace
09	Easy run: 40 minutes + core	Morning: Optional 40 minute easy pace run Afternoon: Session with 5 x 1km (90s) at 5-10km effort + 5 x 400m fast at 3-5km pace from 60 seconds rest	Easy run or cross training: 45-60 minutes + core	Threshold run: 75 minutes with final 25 threshold effort	Rest	45 minute easy steady run	Long run: 25km progression run of 5km easy / 5km half pace / 5km easy / half pace or slightly quicker / 2km hard / 3km easy

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Easy run: 40 minutes + core	Morning: Optional 40 minute easy pace run Afternoon: 10 minute HMP + 10 x 4 x 400m at 5km pace with 50 seconds rest	Easy run or cross training: 45-60 minutes + core	75-80 minutes with 3 x 3km at half pace (3-4 minute recovery)	Rest	45 minutes easy steady run	Long run: 1 hour 45 minutes with 3 x 10 minutes threshold built in off 5 minute jog recovery
11	Easy run: 40 minutes + core	Morning: Optional 40 minute easy pace run Afternoon: 2km at HMP + 10 x 400m at 5km pace (45 seconds rest) + 2km at HMP	Easy run or cross training: 45-60 minutes + core	45 minutes with final 25 at threshold	Rest	5k Parkrun or 45 minutes with the last 5k fast. Add on an easy 20-30 minute warm down afterwards	Long run: 75 minutes relaxed
12	Easy run: 30 minutes + core	Morning: Optional 30 minute easy pace run Afternoon: 40 minutes to include 3 x 5 minutes at HMP	Easy run or cross training: 45-60 minutes + core	30-40 minute easy run + strides	Rest	20 minutes easy + strides	Half marathon good luck!

Important information

- Please do a 15-minute warm-up and cool-down before threshold, continuous or hills or interval sessions.
- If you're feeling up to it, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions.
- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.