



ADVANCED PLAN FOR HALF MARATHON

WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Easy 4-5 mile jog/rest	Rest	30-35mins fartlek	Rest/30mins X train	3-4 mile tempo run	Rest	5-6 miles jog
2	Easy 4-5 mile jog/rest	Rest	35-40mins fartlek	Rest/30mins X train	4-5 mile tempo run	Rest	6-7 mile jog
3	Easy 4-5 mile jog/rest	Rest	35-40mins fartlek	Rest/30mins X train	5-6 mile tempo run	Rest	7-8 mile jog
4	Easy 4-5 mile jog/rest	Rest	45mins fartlek	Rest/30mins X train	5-6 mile tempo run	Rest	7-8 mile jog
5	Easy 4-5 mile jog/rest	Rest	5-6 mile easy jog	Rest/45mins X train	3-4 miles easy jog	Rest	8-9 mile jog
6	Easy 4-5 mile jog/rest	Rest	1 mile fast,5mins easy (x3)	Rest/45mins X train	30-40mins hill session	Rest	8-9 mile jog
7	Easy 4-5 mile jog/rest	Rest	1 mile fast,5mins easy (x4)	Rest/45mins X train	40mins hill session	Rest	9-10 mile jog
8	Easy 4-5 mile jog/rest	Rest	1km fast,4-5mins easy (x5)	Rest/50-60mins X train	45mins hill session	Rest	10-12 mile jog
9	Easy 4-5 mile jog/rest	Rest	Easy 5-6 mile jog	Rest/50-60mins X train	Easy 5-6 mile jog	Rest	12-14 mile jog
10	Easy 4-5 mile jog/rest	Rest	1km fast,3mins easy (x7)	Rest/50-60mins X train	6-7 mile tempo run	Rest	13-14 mile jog
11	Easy 4-5 mile jog/rest	Rest	1km fast,3mins easy (x5)	Rest/30mins X train	6-7 mile tempo run	Rest	6-8 mile jog @ R.P.
12	Easy 4-5 mile jog/rest	Rest	Easy 3-4 mile jog/rest	Rest	Easy 3-4 mile jog/rest	Rest	RACE DAY!!

R.P. = Race Pace, X train = Cross training