

# Training Plan: ADVANCED Half MARATHON

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- Week 1
  - Day 1: Rest
  - Day 2: Rest
  - Day 3: 4-5 mile easy jog
  - Day 4: Rest
  - Day 5: 3 mile tempo
  - Day 6: Rest
  - Day 7: 4-5 miles steady
- Week 2
  - Day 1: Rest
  - Day 2: 4-5 miles fartlek
  - Day 3: Rest
  - Day 4: 3-4 miles steady or rest
  - Day 5: 3-4 mile tempo
  - Day 6: Rest
  - Day 7: 5-6 miles steady
- Week 3
  - Day 1: Rest
  - Day 2: 4-5 miles fartlek
  - Day 3: Rest or 3-4 miles easy
  - Day 4: 3-4 mile tempo
  - Day 5: 60 mins cross-train or rest
  - Day 6: Rest

- Day 7: 5-6 miles steady
- Week 4
  - Day 1: Rest
  - Day 2: 5-6 miles fartlek
  - Day 3: Rest
  - Day 4: 8 × 800 m intervals
  - Day 5: 60 mins cross-train or rest
  - Day 6: Rest
  - Day 7: 7-8 miles steady
- Week 5
  - Day 1: Rest
  - Day 2: 5-6 miles fartlek
  - Day 3: Rest or 4-5 miles easy
  - Day 4: 5-6 mile tempo
  - Day 5: 60 mins cross-train or rest
  - Day 6: Rest
  - Day 7: 8-9 miles steady
- Week 6
  - Day 1: Rest
  - Day 2: 4-5 mile tempo
  - Day 3: Rest or 3-4 miles easy
  - Day 4: 5 × 1 mile intervals
  - Day 5: Rest
  - Day 6: Rest
  - Day 7: 9-10 miles steady
- Week 7
  - Day 1: Rest

- Day 2: 5-6 mile tempo
- Day 3: Rest or 3-4 miles easy
- Day 4: 8 × 800 m intervals
- Day 5: 60 mins cross-train or rest
- Day 6: Rest
- Day 7: 10-11 miles steady
- Week 8
  - Day 1: Rest
  - Day 2: 5-6 miles fartlek
  - Day 3: Rest or 3-4 miles easy
  - Day 4: 5 × 1 mile intervals
  - Day 5: 60 mins cross-train or rest
  - Day 6: Rest
  - Day 7: 11-12 miles steady
- Week 9
  - Day 1: Rest
  - Day 2: 5-6 miles fartlek
  - Day 3: Rest or 3-4 miles easy
  - Day 4: 5 × 1 mile intervals
  - Day 5: Rest
  - Day 6: Rest
  - Day 7: 10-11 miles steady
- Week 10
  - Day 1: Rest
  - Day 2: 3-4 mile easy fartlek
  - Day 3: Rest
  - Day 4: 2-3 mile tempo

- Day 5: Rest or 2-3 miles easy
- Day 6: Rest
- Day 7: Race day