



HALF MARATHON ADVANCED RUN TRAINING PLAN



IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M (TEMPO)	T (EASY)	W (HILLS & SPEED)	T (EASY)	F	S	S
1	3 Miles	3 Miles	3 Miles Hills	3 Miles	Cross train 30 - 40 Minutes	5 Miles	Rest
2	3 Miles	3 Miles	4 Miles Hills	3 Miles	Cross train 30-40 Minutes	6 Miles	Rest
3	3 Miles	3 Miles	5 Miles 6 x 400	3 Miles	Cross train 30-40 Minutes	7 Miles	Rest
4	4 Miles	3 Miles	5 Miles Hills	3 Miles	Cross train 30-40 Minutes	8 Miles	Rest
5	4 Miles	4 Miles	4 Miles 8 x 400	4 Miles	Cross train 30-40 Minutes	6 Miles	Rest
6	4 Miles	4 Miles	6 Miles Hills	6 Miles	Cross train 30-40 Minutes	9 Miles	Rest
7	4 Miles	4 Miles	6 Miles 6 x 800	4 Miles	Cross train 45-50 Minutes	10 Miles	Rest
8	5 Miles	4 Miles	6 Miles Hills	4 Miles	Cross train 45-50 Minutes	11 Miles	Rest





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WEEK	M	T	W	T	F	S	S
9	5 Miles	5 Miles	6 Miles 3 x 1600	5 Miles	Cross train 45-50 Minutes	8 Miles	Rest
10	5 Miles	5 Miles	7 Miles Hills	5 Miles	Cross train 45-50 Minutes	12 Miles	Rest
11	4 Miles	4 Miles	8 Miles 4 x 1600	5 Miles	Cross train 45-50 Minutes	13 Miles	Rest
12	4 Miles	4 Miles	6 Miles 3 x 1600	4 Miles	Cross train 45-50 Minutes	8 Miles	Rest
13	5 Miles	4 Miles	5 Miles 1 x 4800	3 Miles	Cross train 45-50 Minutes	6 Miles	Rest
14	3 Miles	3 Miles	3 Miles Race Pace	Rest	Cross train 30-40 Minutes	Rest	

**THIS TRAINING PLAN IS DESIGNED FOR ADVANCED
RUNNERS PLANNING TO COMPLETE THE
HALF MARATHON ON MAY 28TH**