

HALF MARATHON TRAINING PLAN - ADVANCED

THIS TRAINING PLAN IS DESIGNED TO GET YOU TO THE START LINE OF THE HALF MARATHON FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

THE RIGHT PLAN FOR ME?

This experienced runner's plan is designed for those who train regularly and who are looking to improve their performance and to run personal best times. You may have run a half marathon in the past or even a full marathon.

This plan will see you running six days a week and even has the option of twice a day, once a week. If you are looking to improve on a strong half marathon PB or are even looking for a half time of 80-90 minutes or faster – then this could be the plan for you.



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IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.



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WHY TRAIN IN THIS WAY?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal half marathon pace.

WHAT IF I AM NOT THERE YET?

This advanced runner's training plan is challenging and you need to be honest with yourself about whether you are ready for it. Remember, you can take ownership of the plan and adapt it, balancing it with the improver's plan. If you feel six days a week is too much, feel free to add in an extra rest day or convert one or two of the easy runs to cross-training sessions. The plan includes optional elements don't add these unless you feel you are able to recover from them!

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	EASY RUN 30-40 MINUTES PLUS CORE	THRESHOLD RUN 50 MINUTES TO INCLUDE 5X5 MINUTES (90 SEC JOG RECOVERY)	45 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	LONG RUN 80-90 MINUTES EASY
2	EASY RUN 30-40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: THRESHOLD RUN 50 MINUTES TO INCLUDE 6X5 MINUTES (90 SEC JOG RECOVERY)	45 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	LONG RUN 90 MINUTES EASY
3	EASY RUN 30-40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: THRESHOLD RUN 50 MINUTES TO INCLUDE 6X5 MINUTES (90 SEC JOG RECOVERY)	45 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	LONG RUN 90 MINUTES EASY WITH LAST 15 MINUTES AT HMP IF FEELING GOOD
4	EASY RUN 30-40 MINUTES PLUS CORE	THRESHOLD RUN 50 MINUTES TO INCLUDE 5X5 MINUTES (90 SEC JOG RECOVERY)	40 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	PARKRUN OR SELF TIMED 5KM TT	LONG RUN 80 MINUTES EASY
5	EASY RUN 40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: 8X3 MINUTES ALTERNATING ODDS AT THRESHOLD PACE AND EVENS AT 5K PACE (90 SEC JOG RECOVERY)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 20 MINUTES EASY 20 MINUTES STEADY 20 MINUTES THRESHOLD	LONG RUN 1HR 45 MINUTES EASY
6	EASY RUN 40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: 8X3 MINUTES ALTERNATING ODDS AT THRESHOLD PACE AND EVENS AT 5K PACE (90 SEC JOG RECOVERY)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	45-60 MINUTE RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	45 MINUTES STEADY RUN	LONG RUN 80-90 MINUTES EASY WITH LAST 20 MINUTES AT HMP

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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	EASY RUN 30-40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: 6X800 METRE EFFORTS AT 5KM PACE WITH 75-90 SEC JOG RECOVERY	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	30-40 MINUTE EASY RUN	10KM RACE
8	EASY RUN 40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: 5X1KM AT 5-10KM PACE (2 MIN JOG REC) PLUS 3X400 METRE EFFORTS AT 3K PACE (60 SEC JOG REC)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	45-60 MINUTE RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	45 MINUTES STEADY RUN	LONG RUN 1HR 50 MINUTES EASY WITH LAST 20 MINUTES AT HMP
9	EASY RUN 40 MINUTES PLUS CORE	AM: 40 MINUTES EASY RUN (OPTIONAL) PM: 5X1KM AT 5-10KM PACE (90 SEC JOG REC) PLUS 5X400 METRE EFFORTS AT 3K PACE (60 SEC JOG REC)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	75 MINUTE RUN WITH FINAL 30 MINUTES AT THRESHOLD	REST	45 MINUTES EASY-STEADY	PROGRESSION RUN 25KM – 5KM EASY 5KM HMP 5KM EASY 5KM HMP OR SLIGHTLY QUICKER 2KM HARD 3KM EASY
10	EASY RUN 40 MINUTES PLUS CORE	AM: 40 MINUTES EASY RUN (OPTIONAL) PM: 10 MINUTES AT HMP PLUS 10X400 METRE EFFORTS AT 5KM PACE (50 SEC JOG RECOVERY)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	75-80 MINUTE RUN WITH 3X3KM AT HMP (3-4 MINUTE JOG REC)	REST	45 MINUTES EASY-STEADY	LONG RUN 1HR 45 MINUTES EASY WITH 3X10 MINUTES AT HMP (5 MIN JOG RECOVERY)
11	EASY RUN 40 MINUTES PLUS CORE	AM: 40 MINUTES EASY RUN (OPTIONAL) PM: 2KM AT HMP PLUS 10X400 METRE EFFORTS AT 5KM PACE (45 SEC JOG RECOVERY) PLUS 2KM AT HMP	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	45 MINUTE RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	5KM PARK RUN OR 45 MINUTES WITH LAST 5KM FAST ADD ON 20-30 MINUTES EASY WARM DOWN	LONG RUN 75 MINUTES EASY AND RELAXED
12	EASY RUN 30 MINUTES PLUS CORE	AM: 30 MINUTES EASY RUN (OPTIONAL) PM: 30 MINUTE RUN WITH 3X5 MINUTES AT HMP	40 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	30-40 MINUTES EASY RUN PLUS STRIDES	REST	EASY RUNNING 20 MINUTES PLUS STRIDES	HALF MARATHON! GOOD LUCK!

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- Important note: please do a 15-minute warm-up and cool-down before threshold, continuous hills or interval sessions. - If you're feeling OK, you may wish to consider a 20–30 minute recovery run in the morning before any of the quality sessions above.
- 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.



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