

ADVANCED HALF MARATHON PROGRAMME



This programme is for you if you consider yourself to be an advanced runner. You have completed half marathon races before (Sub 1.45 hrs for men and 2.00hrs for women).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	4 miles (6km) easy	REST	6 miles (10km) steady	5 miles (8km) fartlek	REST	5 miles (8km) easy	10 miles (16k) long run pace
WEEK 2	4 miles (6km) easy	3 x 7 mins tempo running 4 mins recovery run between sets	5 miles (8km) easy	Intervals 4 x 1 mile (400m recovery run between sets)	REST	5 miles (8km) easy	10 miles (16k) long run pace
WEEK 3	4 miles (6km) easy	Hills 6 sets Run up the hill for 2 mins with slow jog/walk down & repeat	5 miles (8km) easy	Intervals 6 x 1000m (400m recovery run between sets)	REST	5 miles (8km) easy	12 miles (19k) long run pace
WEEK 4	5 miles (8km) easy	2 x 10 mins tempo running 4 mins recovery run between sets	6 miles (10km) steady	6 miles (10km) easy	REST	20 mins easy	6 mile (10km) Race Pace or 7 mile (11km) Time Trial
WEEK 5	5 miles (8km) easy	2 x 15 mins tempo running 4 mins recovery run between sets	7 miles (11km) steady	Hills 6 sets Run up the hill for 2 mins with slow jog/walk down & repeat	REST	5 miles (8km) easy	13 miles (21km) long run
WEEK 6	5 miles (8km) easy	2 x 20 mins tempo running 5 mins recovery run between sets	7 miles (11km) steady	Intervals 5 x 1 Mile (400m recovery run between sets)	REST	5 miles (8km) easy	14 miles (23km) long run
WEEK 7	5 miles (8km) easy	Tempo Run 20 Mins 5 mins recovery 25 Mins 4 Mins Recovery 10 Mins	7 miles (11km) steady	Hills 8 sets Run up the hill for 2 mins with slow jog/walk down & repeat	REST	5 miles (8km) easy	15 miles (24km) steady run
WEEK 8	6 miles (10km) easy	REST	7 miles (11km) steady	Intervals 5 x 1000m (400m recovery run between sets)	REST	20 mins jog	6 mile (10km) Race Pace or 7 mile (11km) Time Trial

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	7-8 miles (11-12km) steady	2 x 10 mins tempo running 4 mins recovery run between sets	8 miles (13km) steady	Hills 8 sets Run up the hill for 2 mins with slow jog/walk down & repeat	REST	5 miles (8km) easy	16 miles (26km) long run
WEEK 2	5 miles (8km) easy	Tempo Run 20 Mins 5 mins recovery 15 Mins 4 Mins Recovery 10 Mins	8 miles (13km) steady	Hills 6 sets Run up the hill for 2 mins with slow jog/walk down & repeat	REST	6 miles (10km) steady	12 miles (19k) long run pace
WEEK 3	5 miles (8km) easy	7 miles (11km) 1 mile (2km) easy, 5 miles (5km) race pace, 1 mile (2km) easy	5 miles (8km) easy	2 x 10 mins tempo running 4 mins recovery run between sets	REST	6 miles (10km) steady	10 miles (16k) long run pace
WEEK 4	4 miles (6km) easy	5 miles (8km) 1 mile (2km) easy, 3 miles (8km) race pace, 1 mile (2km) easy	REST	6 miles (10km) steady	REST	REST	RACE DAY

**THANK YOU
FOR JOINING
THE FIGHT FOR
HOME**

