

Half Marathon Training Schedule - Advanced

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	3 m run stretch & strength	6 x Hill	3 m run stretch & strength	40 min tempo run	Rest	3 m run	90 min run (3/1)
2	3 m run stretch & strength	7 x 400	3 m run stretch & strength	45 min tempo run	Rest	3 m pace	90 min run
3	3 m run stretch & strength	7 x Hill	3 m run stretch & strength	30 min tempo run	Rest or easy run	Rest	5-K Race
4	3 m run stretch & strength	8 x 400	3 m run stretch & strength	40 min tempo run	Rest	3 m run	90 min run (3/1)
5	3 m run stretch & strength	8 x Hill	3 m run stretch & strength	45 min tempo run	Rest	3 m pace	90 min run
6	3 m run stretch & strength	6 x 400	3 m run stretch & strength	30 min tempo run	Rest or easy run	Rest	10-K Race
7	3 m run stretch & strength	4 x 800	3 m run stretch & strength	45 min tempo run	Rest	4 m pace	1:45 run (3/1)
8	3 m run stretch & strength	3 x 1600	3 m run stretch & strength	50 min tempo run	Rest	5 m pace	1:45 min run
9	3 m run stretch & strength	5 x 800	3 m run stretch & strength	30 min tempo run	Rest or easy run	Rest	15-K Race
10	3 m run stretch & strength	4 x 1600	3 m run stretch & strength	55 min tempo run	Rest	5 m pace	2:00 run (3/1)
11	3 m run stretch & strength	6 x 800	3 m run stretch & strength	60 min tempo run	Rest	3 m pace	2:00 run
12	3 m run stretch & strength	6 x 400	2 m run stretch & strength	30 min tempo run	Rest or easy run	Rest	Half Marathon