

# HALF MARATHON TRAINING PLAN ADVANCED



WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	4-5 miles steady	3-4 miles Tempo	4 miles steady / rest	3 x 1 miles - 5 mins rest	Cross train / 5 miles steady	Rest	4-5 miles steady
2	4-5 miles steady	4 miles Fartlek	4 miles steady / rest	3 x 1 miles - 5 mins rest	3-4 miles Tempo	Rest	4-5 miles steady
3	Cross train / Rest	4 miles Fartlek	Rest or 4 miles	4 x 1 miles - 5 mins rest	3-4 miles Tempo	Rest	5-6 miles steady
4	Cross train / Rest	4-5 miles Fartlek	Rest or 5-6 miles steady	6x800 4 min rest	4-5 miles Tempo / Cross train	Rest	6-7 miles steady
5	Cross train / Rest	4-5 miles Fartlek	Rest or 5-6 miles steady	6x800 4 min rest	4-5 miles Tempo / Cross train	Rest	7-8 miles steady
6	Cross train / Rest	4-5 miles Fartlek	Rest or 5-6 miles steady	6-7x800 4 min rest	5-6 miles Tempo / Cross train	Rest	8-9 miles steady
7	Cross train / Rest	5-6 miles Fartlek	Rest or 4 miles steady	8x800 4 min rest	4-5 miles Tempo / Cross train	Rest	10-12 miles steady
8	Cross train / Rest	5-6 miles Fartlek	Rest or 5 miles steady	8x800 4 min rest	5-6 miles Tempo	Rest	12-13 miles steady
9	Cross train / Rest	5 miles steady or cross train	Rest or 5 miles steady	8x800 4 min rest	6-7 miles Tempo	Rest	8-10 miles steady
10	Cross train / Rest	3-4 miles steady	Rest	3-4 miles Fartlek	2-3 miles slow or rest	Rest	<b>RACE DAY</b>

- See ["The Training - Getting down to Business"](#) chapter for explanation of terms
- Feel free to interchange "fartlek" sessions with "interval" sessions

## Key points on how to use the Advanced timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll make only it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

## Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

# TRAINING DIARY

DATE	DISTANCE RUN	NOTES

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