Half Marathon Advanced Training Plan

This 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 personal best (PB) – or are even looking for a half time of 80-90minutes or faster – then this could be the plan for you.

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 experienced 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!

Is this everything I need to know?

No – this plan is supported by our *Guide to Running* document, 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.
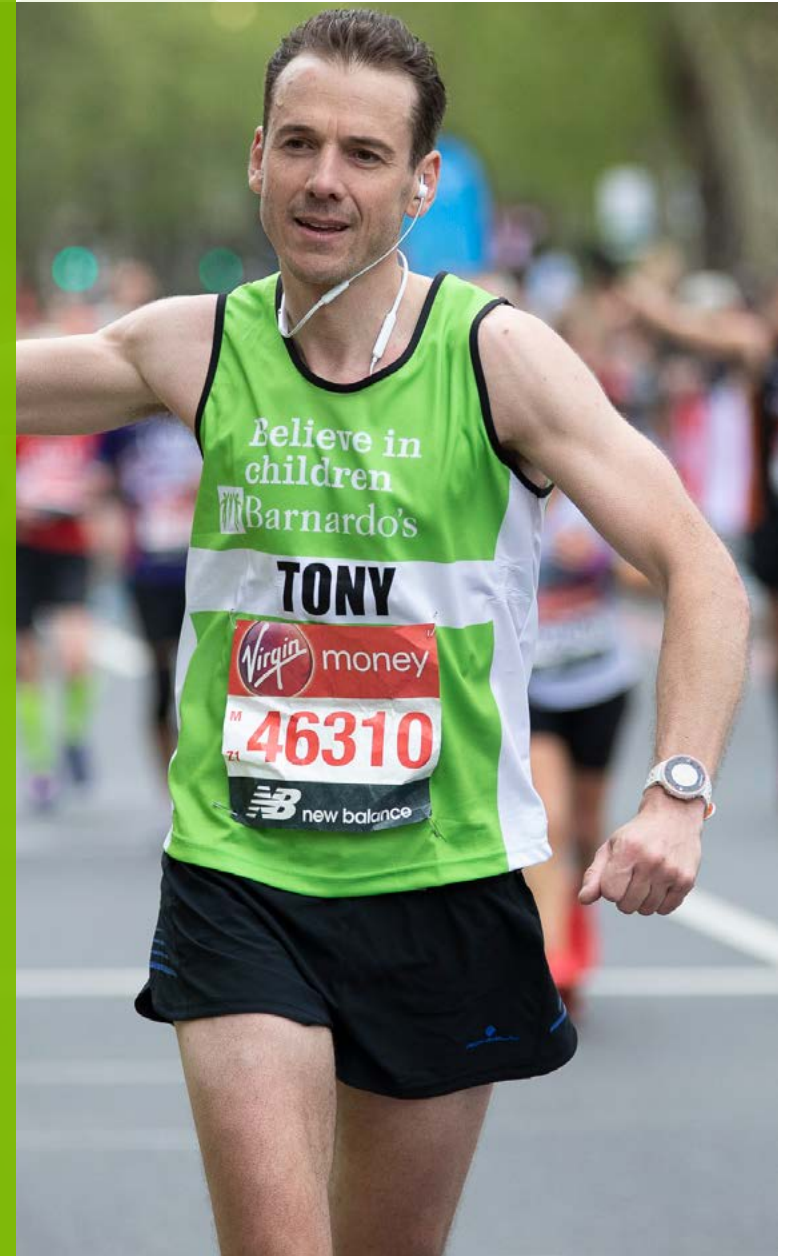
What do all the training terms mean?

All of the training schedules involve a broad variety of training sessions and intensities. We have a full glossary of the different terms in our 'Your *Guide to Running'* document. Information on 'threshold' and 'progression' runs can be found on page 7.

What if I miss a session, pick up a niggle or get sick?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a half marathon is a journey, though, and doesn't always go smoothly. Feel free to chop and change the plan and shift runs to different days that may work better for you.

Take care not to run back-to-back 'hard' days – so try to avoid running a threshold session followed the next day by a hill session, for example. If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient. If you feel you need to catch up, check out our cross-training tips in the Guide…. Try not to add more running unless you are ready!

Top *Tip*

Always include a 10 minute easy warm up and cool down either side of 'threshold', 'hill' or 'interval' efforts.

Check out our *'Your Guide to Running'* document for more core exercises and stretches. It is important to stretch well after every run!

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Easy 30-40min run + core	**50min threshold run** 5 x 5mins effort and 90s easy	45min easy run or cross training + core	**45min progression run of** 15mins easy/ 15mins steady/ 15mins @threshold	Rest	**45mins continuous hills with** 4 x 6mins effort and 90s easy recovery	**80-90min long run** conversational pace
2	Easy 30-40min run + core	**AM: 30-40mins easy run** **PM: 50min threshold run with** 6 x 5mins effort and 90s easy	45min easy run or cross training + core	**45min progression run of** 15mins easy/ 15mins steady/ 15mins @threshold	Rest	**60mins continuous hills with** 3 x 8mins effort and 2mins easy recovery	**90min long run** conversational pace
3	Easy 30-40min run + core	**AM: 30-40mins easy run (op)** **PM: 50min threshold run with** 6 x 5mins effort and 90s easy	45min easy run or cross training + core	**45min progression run of** 15mins easy/ 15mins steady/ 15mins @threshold	Rest	**60mins continuous hills with** 3 x 10mins effort and 2mins easy recovery	**90min long run** with the last 15mins @half marathon pace if you are feeling good!
4	Easy 30-40min run + core	**AM: 30-40mins easy run (op)** **PM: 50min threshold run with** 6 x 5mins effort and 90s easy	40min easy run or cross training + core	**30min progression run of** 10mins easy/ 10mins steady/ 10mins @threshold	Rest	**Parkrun** or self timed 5km time trial	**Easy 80min long run** conversational pace
5	Easy 40min run + core	**50min threshold run** 5 x 5mins effort and 90s easy	45-60min easy run or cross training + core	**30min progression run of** 10mins easy/ 10mins steady/ 10mins @threshold	Rest	**60mins continuous hills with** 4 x 8mins effort and 2mins easy recovery	**1hr 45min long run** easy pace
6	Easy 40min run + core	**AM: 30-40mins easy run (op)** **PM: Interval sessions** 8 x 5mins alternating odd nos @threshold and even nos @5km pace and 90s rest	45-60min easy run or cross training + core	**45-60min threshold run** with last 25mins @threshold	Rest	**45min steady run**	**1hr 45mins long run** with final 20mins @half marathon pace
7	Easy 30-40min run + core	**AM: 30-40mins easy run (op)** **PM: interval sessions** 6 x 800m @5km pace with 75-90s rest	45-60min easy run or cross training + core	**30min progression run of** 10mins easy/ 10mins steady/ 10mins @threshold	Rest	**Easy 30-40min run**	**10km race**
8	Easy 40min run + core	**AM: 30-40mins easy run (op)** **PM: interval sessions** 5 x 1km @5-10km effort with 120s rest + 3 x 400m fast @3km effort with 60s rest	45-60min easy run or cross training + core	**45-60min threshold run** with last 25mins @threshold	Rest	**45min steady run**	**1hr 50mins long run** with final 20mins @half marathon pace
9	Easy 40min run + core	**AM: 30-40mins easy run** **PM: interval sessions** 5 x 1km @5-10km effort with 90s rest + 5x 400m fast @3-5km with 60s rest	45-60min easy run or cross training + core	**475min threshold run** with last 30mins @threshold	Rest	**45min steady run**	**25km progression run** 5km easy/ 5km @HMP/ 5km easy/ 5km @fast HMP/ 2km hard effort/ 3km easy
10	Easy 40min run + core	**AM: 40mins easy run** **PM: 10mins @half marathon pace (HMP)** + 10 x 400m @5km effort with 50s rest	45-60min easy run or cross training + core	**75-80min threshold run** with 3 x 3km @half marathon pace and 3-4mins recovery	Rest	**45min steady run**	**1hr 45mins long run** with 3 x 10mins @threshold with 5mins jog recovery
11	Easy 40min run + core	**AM: 40mins easy run** **PM: 2km @half marathon pace (HMP)** + 10 x 400m @5km effort with 45s rest + 2km@ half marathon pace	45-60min easy run or cross training + core	**45min threshold run** with last 25mins @threshold	Rest	**5k Parkrun** or 45mins with the last 5k @ fast pace + 20-30mins warm down	**75min long run** relaxed pace
12	Easy 30min run + core	**AM: 30mins easy run** **PM: 40mins run including** + 3 x 5mins @half marathon pace	40min easy run or cross training + core	**Easy 30-40min run +** strides	Rest	**Easy 20min run +** strides	**Half Marathon! Good Luck!**

Important information

- Please do a 15minute warm-up and cool-down before threshold, continuous hills or interval sessions.
- If you're feeling OK, you may wish to consider a 20-30minute 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 10minutes.
- Always eat within 20-30minutes 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.
- Strides are short, relaxed fast efforts over 80metres run about 80% of sprinting effort, slowly jog back after each.

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