



Advanced Half Marathon training programme

(Designed by our Olympian Ambassador, Paul Evans)

The training plan below is aimed for men sub: 1.45 & women sub 2hrs

	Monday	Tuesday	Weds	Thursday	Friday	Saturday	Sunday
Wk 1	4 to 5 mile easy	4 to 5 mile easy/steady	S&C or cross train	6 to 7 mile easy/steady	No Running	40 min to 50 min to include: 6 to 8 x 3 min @ 10k RP or effort, 90 sec slow jog rec (to include, warm up/cool down	8 to 9 mile easy/steady
Wk 2	4 to 5 mile easy	5 to 6 mile easy/steady	S&C or cross train	6 to 7 mile easy/steady	No Running	40 to 50 min to include: 5 x 5 min @ 10k RP or effort, 90 sec slow jog rec.	9 to 10 mile easy/steady
Wk 3	4 to 5 mile easy	5 to 6 mile Easy/steady	S&C or cross train	6 to 7 mile to include: 2 to 3 mile threshold pace.	No Running	40 min to 50 min to include: 3 x 10 min @ 10k RP or effort, 2 min slow jog rec.	10 to 11 mile easy/steady
Wk 4	5 to 6 mile easy	5 to 6 mile easy/steady	S&C or cross train	6 to 7 mile, to include 2 to 3 mile @ threshold pace.	No Running	40 min to 50 min to include: 12 to 14 x 90 sec @ 10k RP or effort, 60 sec slow jog rec	11 to 12 mile easy/steady
Wk 5	5 to 6 mile easy	5 to 6 mile easy/steady	S&C Or Cross train	6 to 7 mile to include: 3 to 4 mile @ threshold pace	No Running	40 min to 50 min to include: 10 to 12 x 90 sec @ 10k RP or effort, 45 sec slow jog rec	12 to 14 mile easy/steady
Wk 6	5 to 6 mile easy	40 min 50 min to include: 8 to 10 x 60sec @ 10k RP or effort, 60 sec slow jog rec.	S&C or cross train	30 min to 40 min easy	No Running	20 min easy + Strides.	10k Race
Wk 7	Rest or 2 to 3 mile easy	5 to 6 mile easy/steady	S&C or cross train	7 to 8 mile easy/steady	No Running	50 min to 60 min to include: 5 to 6 x 6 min @ HMRP, 2 min slow jog rec.	14 to 15 mile easy/steady
Wk 8	5 to 6 mile easy	7 to 8 mile easy/steady	S&C or cross train	7 to 8 mile to include: 4 to 5 mile @ threshold pace	No Running	50 min to 60 min to include: 3 x 2 mile @ HMRP, 3 min rest rec.	14 to 15 mile easy/steady



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Wk 9	5 to 6 mile easy	7 to 8 mile easy/steady	S&C or cross train	7 to 8 mile to include: 4 to 5 mile @ threshold pace	No Running	50 min to 60 min to include: 12 to 14 x 90 sec @ 10k RP or effort, 60 sec slow jog rec	14 to 16 mile easy/steady
Wk 10	5 to 6 mile easy	7 to 8 mile Easy/steady	S&C or cross train	7 to 8 mile to include: 5 to 6 @ HMRP	No Running	4 to 5 mile easy	14 to 16 mile easy/steady
Wk 11	3 to 4 mile easy	5 to 6 mile steady	S&C or cross train	7 to 8 mile easy/steady	No Running	Parkrun or 30 min to 40 min to include: 20 min @ 5k RP or effort	8 to 10 mile easy/steady
Wk 12	3 to 4 mile easy	40 min to 50 min to include: 5 to 6 x 60 sec @ 5k RP or effort 60 sec slow jog recovery	Rest	30 min easy	No Running	20 min +Strides	Race

Runners should spend at least 5 to 10 min warming up/cooling down before every run.

Glossary

Lactic – Threshold (LT) pace – is probably 8 to 15 seconds per mile faster than your goal half marathon pace

Intervals, threshold & race pace training – always have a 10 to 15 min easy jog warm up and at least a 10 min slow jog warm down.

The above training programmes are there as guides, always listen to your body as it's the best coach you will ever have, never training if you feel unwell or more tired than usual, a missed session or two is not going to make a difference in the grand scheme of things and if you do miss the odd session, never try and play catch up.

Lastly – These training plans have to fit in with your other life commitment so please swap sessions around to suit, just makes sure you don't have many hard training days in a row

Train not strain, finishing every training session feeling **energised** and not wiped out!