

# 12-WEEK ADVANCED HALF MARATHON

MY PLEDGE: \_\_\_\_\_

MY TARGET TIME: \_\_\_\_\_

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

**Tempo** Run at a challenging – but sustainable – pace.  
**Fast** Push yourself to the highest pace you can.  
**Easy** Run at a relaxed pace.  
**Jog** Run at a slow pace.

WEE	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b> <i>Building time on feet</i>	40 Mins Easy Run	15 Mins Easy Run 3 Mins Fast Run 90 Secs Easy Run X 6 reps 15 Mins Easy Run	40 Mins Easy Run	15 Mins Easy Run 20 Mins Threshold Run 15 Mins Easy Run	Rest	45 Mins Easy Run	70 Mins Easy Run
<b>2</b> <i>Increasing length of weekend runs</i>	40 Mins Easy Run	15 Mins Easy Run 3 Mins Fast Run 1 Min Easy Run X 8 reps 15 Mins Easy Run	Rest	10 Mins Easy Run 30 Mins Threshold Run 10 Mins Easy Run	Rest	45 Mins Easy Run	1hr 15mins Easy Run
<b>3</b> <i>Maintain your motivation</i>	40 Mins Easy Run	15 Mins Easy Run 5 Mins Threshold Run 2 Mins Easy Run X 4 reps 15 Mins Easy Run	40 Mins Easy Run	10 Mins Easy Run 10 Mins Steady Run 10 Mins Threshold Run 10 Mins Fast Run 10 Mins Easy Run	Rest	1hr 30mins Easy Run	Rest
<b>4</b> <i>Start trying out your race pace</i>	40 Mins Steady Run	15 Mins Easy Run 5 Mins Threshold Run 1 Min Easy Run X 6 reps 15 Mins Easy Run	40 Mins Easy Run	10 Mins Easy Run 10 Mins Steady Run 30 Mins at Race Pace 10 Mins Easy Run	Rest	10 Mins Easy Run 20 Mins Fast Run 10 Mins Easy Run	1hr 40mins Steady Run
<b>5</b> <i>Reduce the length of recovery</i>	40 Mins Steady Run	15 Mins Easy Run 6 Mins Threshold Run 1 Min Easy Run X 5 reps 15 Mins Easy Run	40 Mins Easy Run	15 Mins Easy Run 15 Mins Steady Run 15 Mins Fast Run 15 Mins Steady Run 15 Mins Easy Run	Rest	45 Mins Steady Run	1hr 45mins (Pick up speed as run progresses and finish fast and strong)
<b>6</b> <i>You're almost half way through your training!</i>	40 Mins Easy Run	15 Mins Easy Run 4 Mins Fast Run 1 Min Easy Run X 7 reps 15 Mins Easy Run	40 Mins Easy Run	10 Mins Easy Run 10 Mins Steady Run 30 Mins at Race Pace 10 Mins Easy Run	Rest	Rest	1hr 30mins Easy Run

<p><b>7</b></p> <p><i>Start including that hill training into your plans!</i></p>	45 Mins Easy Run	10 Mins Easy Run Run up hill for 1 min Jog down hill Run up hill for 1 min X 10 reps  10 Mins Easy Run	Rest	10 Mins Easy Run  8 Mins at Race Pace 2 Mins Jog X 4 reps  10 Mins Easy Run	Rest	45 Mins Easy Run	2hr Steady Run  (Pick up speed as run progresses and finish fast and strong)
<p><b>8</b></p> <p><i>Get those long miles under your belt!</i></p>	40 Mins Easy Run	10 Mins Easy Run Run up hill for 2 mins Jog down hill Run up hill for 2 mins X 8 reps  10 Mins Easy Run	45 Mins Steady Run	15 Mins Easy Run  15 Mins Race Pace 2 Min Jog X 3 Reps  15 Mins Easy Run	Rest	10 Mins Easy Run  1 min Fast Run 1 Min Easy Run X 10 Reps  10 Mins Easy Run	4 Miles at Race Pace  4 Miles Steady Jog  3 Miles at Race Pace  1 Mile Easy
<p><b>9</b></p> <p><i>Continue building on that confidence!</i></p>	40 Mins Easy Run	15 Mins Easy Run  40 Mins Threshold Run  10 Mins Easy Run	45 Mins Steady Run	10 Mins Easy Run  1 Mile faster than Race Pace 1 Min Easy Jog X 5Reps  10 Mins Easy Run	Rest	40 Mins Easy Run	13 Miles Run
<p><b>10</b></p> <p><i>Get practicing that half marathon pace!</i></p>	Rest	10 Mins Easy Run  3 Mins Fast Run 1 Min Easy Run X 10 Reps  10 Mins Easy Run	40 Mins Easy Run	60 Mins Easy Run	Rest	5 Mins Easy Run  20 Mins Steady Run  20 Mins Fast Run  10 Mins Steady Run  5 Mins Easy Run	4 Miles Race Pace 6 Miles Easy Run 4 Miles Race Pace
<p><b>11</b></p> <p><i>Stay healthy and remain injury free!</i></p>	Rest	10 Mins Easy Run  2 Mins Fast Run 2 Mins Easy Run X 8 Reps  10 Mins Easy Run	Rest	10 Mins Easy Run  25 Mins Race Pace  10 Mins Easy Run	Rest	30 Mins Easy Run	70 Mins Very Easy Run
<p><b>12</b></p> <p><i>Prepare for the race</i></p>	Rest	5 Mins Very Easy Run  5 Mins Race Pace 5 Mins Easy Run X 3 Reps  5 Mins Easy Run	Rest	20 Mins Easy Run	Rest	5 Mins Easy Run  1 Min Fast Run 2 Mins Easy Run X 3 Reps  5 Mins Easy Run	Race Day! Good Luck!