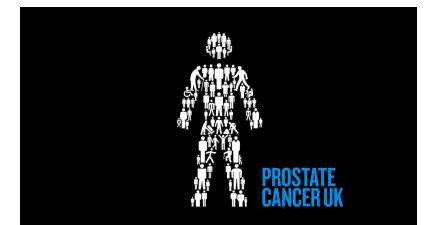




# HALF MARATHON - ADVANCED



# HALF MARATHON TRAINING PLAN - EXPERIENCED

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THIS TRAINING PLAN, PUT TOGETHER BY OUR COACHING PARTNERS RUNNINGWITHUS, 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 PB – or are even looking for a half time of 80-90 minutes 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 *Running Guide*, 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.

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## WHAT DO ALL THE 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 you will see in this guide, such as 'threshold running' and 'progression runs', in our Running Guide 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 Running Guide ... don't just add more running unless you are ready.

## NOTES

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

Check out our *Running Guide* for our top core exercises and stretches. Remember to stretch well after every run.

# HALF MARATHON TRAINING PLAN - EXPERIENCED

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Easy run: 30-40 minutes + core	Threshold run 50 minutes to include 5 x 5 minutes effort, 90 seconds easy.	Easy run or cross training: 45 minutes + core	Progression run: 15 min easy, 15 min steady, 15 min threshold	Rest	Continuous hills: 45 minutes to include 4 x 6 minutes of effort with 90 seconds easy recovery	Long Run: 80-90 minutes easy conversational pace
2	Easy run: 30-40 minutes + core	AM: Easy run: 30-40 minutes (optional) PM: Threshold run 50 minutes to include 6 x 5 minutes effort, 90 seconds easy.	Easy run or cross training: 45 minutes + core	Progression run: 15 min easy, 15 min steady, 15 min threshold	Rest	Continuous hills: 60 minutes to include 3 x 8 minutes of effort with 2 mins easy recovery.	Long Run: 90 minutes easy conversational pace
3	Easy run: 30-40 minutes + core	AM: Easy run: 30-40 minutes (optional) PM: Threshold run 50 minutes to include 6 x 5 minutes effort, 90 seconds easy.	Easy run or cross training: 45 minutes + core	Progression run: 15 min easy, 15 min steady, 15 min threshold	Rest	Continuous hills: 60 minutes to include 3 x 10 minutes of effort with 2 mins easy recovery	Long Run: 90 minutes with last 15 @ half marathon pace if you feel good
4	Easy run: 30-40 minutes + core	Threshold run 50 minutes to include 5 x 5 minutes effort, 90 seconds easy.	Easy run or cross training: 40 minutes + core	Progression run of 10/10/10	Rest	parkrun or self timed 5km TT	Long Run: 80 minutes easy conversational pace

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Easy run: 40 minutes + core	AM: Easy run: 30-40 minutes (optional)  PM: 8 x 3 minutes alternating odd numbers at threshold effort, even at 5km pace from 90 seconds rest.	Easy run or cross training: 45-60 minutes + core	Progression run: 15 minutes easy, 15 minutes steady, 15 minutes threshold	Rest	Continuous hills: 60 minutes to include 4 x 8 minutes of effort with 2 mins easy recovery	1hr 45 minutes all easy
6	Easy run: 40 minutes + core	AM: Easy run: 30-40 minutes (optional)  PM: Interval session 8 x 3 minutes alternating odd numbers at threshold effort, even at 5km pace from 90 seconds rest.	Easy run or cross training: 45-60 minutes + core	Threshold run: 45-60 minutes with final 25 threshold effort	Rest	45 minute easy-steady run	1 hour 45 minutes with final 20 @ half marathon pace
7	Easy run: 30-40 minutes + core	AM: Easy run: 30-40 minutes (optional)  PM: Interval session - 6 x 800m @ 5km pace with 75-90 seconds rest	Easy run or cross training: 45-60 minutes + core	Progression run: 10 minutes easy, 10 minutes steady, 10 minutes threshold	Rest	30-40 minutes easy pace	10km Race
8	Easy run: 40 minutes + core	AM: Easy run: 30-40 mins (optional)  PM: Interval session - 5 x 1km (120 seconds rest) @ 5-10km pace + 3 x 400m at 3km pace from 60 seconds rest	Easy run or cross training: 45-60 minutes + core	Threshold run: 45-60 minutes with final 25 threshold effort	Rest	45 minutes easy-steady run	1 hour 50 minutes with final 20 @ half marathon pace



# HALF MARATHON TRAINING PLAN - EXPERIENCED

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Easy run: 40 minutes + core	AM: Optional 40 minute easy pace run  PM: Session with 5 x 1km (90s) at 5-10km effort + 5 x 400m fast at 3-5km pace from 60 seconds rest	Easy run or cross training: 45-60 minutes + core	Threshold run: 75 minutes with the final 30 at threshold effort	Rest	Easy-steady run: 45 minutes	25km progression run of 5km easy / 5km half pace / 5km easy / half pace or slightly quicker / 2km hard / 3km easy
10	Easy run: 40 minutes + core	AM: Optional 40 minute easy pace run  PM: 10 min HMP + 10 x 4 x 400m @ 5km pace with 50 seconds rest	Easy run or cross training: 45-60 minutes + core	75-80 minutes with 3 x 3km at half pace (3-4 minute rec)	Rest	Easy-steady run: 45 minutes	1 hour 45 minutes with 3 x 10 minutes @ threshold built in off 5 minute jog recovery
11	Easy run: 40 minutes + core	AM: Optional 40 minute easy pace run  PM: 2km @ HMP + 10 x 400m @ 5km pace (45 seconds rest) + 2km @ HMP	Easy run or cross training: 45-60 minutes + core	45 minutes with final 25 at threshold	Rest	5k parkrun or 45 minutes with the last 5k fast. Add on an easy 20 - 30 minute warm down afterwards	75 minutes relaxed
12	Easy run: 30 minutes + core	AM: Optional 30 minute easy pace run  PM: 40 minutes to include 3 x 5 minutes @ HMP	Easy run or cross training: 40 minutes + core	30-40 minute easy run + strides	Rest	20 minutes easy + strides	Half Marathon Good luck!

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- Important note: please do a 15-minute warm-up and cool-down before threshold, continuous hills or interval sessions.
- If you're feeling OK, you may wish to consider a 20–30 minute 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 10 minutes.
- Always eat within 20–30 minutes of finishing a run.
- Always train at you 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 80 metres run about 80% of sprinting effort, slowly jogback after each.