



RUNNING TO POWER HEART RESEARCH

Half marathon training plan for advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 mins easy run + 30 mins body/core exercises + stretch	10 mins warm up, 4 x 6 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	45 mins easy effort run + stretch	40 mins steady effort run + stretch	Rest	10 mins warm up, 3 x 7 mins Kenyan Hills (count uphill time only) with 2 mins jog recovery between efforts, 10 mins cool down	90 mins easy effort long run, off road if possible + stretch
2	Rest or 30 mins easy recovery run + stretch	10 mins warm up, 3 x 8 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	45 mins easy effort run + stretch	40 mins steady effort run + 20 mins body/core exercises + stretch	Rest	10 mins warm up, 3 x 8 mins Kenyan Hills (count uphill time only) with 2 mins jog recovery between efforts, 10 mins cool down	90 mins easy effort long run, off road if possible + stretch
3	Rest	10 mins warm up, 10 mins at Threshold effort, 60 secs jog recovery, 5 x 2 mins at 90% effort with 90 secs jog recovery between efforts, 10 mins at Threshold effort, 10 mins cool down	45 mins easy effort run + stretch	60 mins run: 15 mins easy + 15 mins steady effort + 15 mins at Threshold effort + 15 mins easy + stretch	40 mins easy effort run + stretch	10 mins warm up, 2 x 10 mins Kenyan Hills (count uphill time only) with 2 mins jog recovery between efforts, 10 mins cool down	105 mins easy effort long run, off road if possible + stretch

FIGHT FOR EVERY HEARTBEAT

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Rest or 30 mins easy recovery run + stretch	10 mins warm up, 10 mins at Threshold effort, 60 secs jog recovery, 5 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 10 mins at Threshold effort, 10 mins cool down	60 mins steady effort run + 15 mins body/core exercises + stretch	45 mins run: 15 mins easy + 15 mins steady effort + 15 mins at Threshold effort + stretch	Rest	45 mins steady effort undulating run – push the effort on 4-5 hills to 90% effort + stretch	120 mins easy/steady effort long run, off road if possible + stretch
5	30 mins easy run OR 30 mins body/core exercises + stretch	10 mins warm up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	60 mins steady effort run + stretch	15 mins warm up, 6 x 1K at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	45 mins Cross Training (focus on body weight exercises & core exercises) + stretch	Rest	120 mins easy long run include last 30 mins at Half Marathon effort + stretch
6	Rest + stretch	50 mins run: 15 mins easy + 20 mins at Threshold effort + 15 mins easy + stretch	45 mins easy effort run + stretch	15 mins warm up, 5 x 2 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool down + stretch	Rest + stretch	30 mins easy effort run + stretch	10K Race -or- Time Trial
7	30 mins easy run + 30 mins body/core exercises + stretch	45 mins easy effort run + stretch	45 mins run over an undulating route including middle 20 mins at Threshold effort + stretch	Rest + stretch	15 mins warm up, 6 x 1K at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	45 mins easy effort run + stretch	120 mins easy long run include last 40 mins at Half Marathon effort + stretch

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8	Rest	15 mins warm up, 15 mins at Threshold effort, 4 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins at Threshold effort, 15 mins easy cool down	30 mins easy run + 30 mins body/core exercises + stretch	40 mins easy effort run + stretch	15 mins warm up, 15 mins at Threshold effort, 3 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins at Threshold effort, 15 mins easy cool down	30 mins easy effort run + stretch	100 mins easy effort long run + stretch
9	Rest	15 mins warm up, 15 mins at Threshold effort, 4 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins at Threshold effort, 15 mins easy cool down	30 mins easy run + 30 mins body/core exercises + stretch	45 mins steady effort run + stretch	15 mins warm up, 15 mins at Threshold effort, 3 x 1K at 10K effort with 90 secs jog recovery between efforts, 15 mins at Threshold effort, 15 mins easy cool down	40 mins easy effort run + stretch	120 mins easy long run include last 40 mins at Half Marathon effort + stretch
10	30 mins recovery run + stretch	15 mins warm up, 12 sets: 3 x 1K at 10K effort with 90 secs jog recovery between efforts/3 mins jog recovery between sets, 15 mins easy cool down	40 mins easy effort run + stretch	45 mins run: 15 mins easy + 15 mins steady effort + 15 mins easy effort + stretch	60 mins run including: 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts + stretch	Rest	90 mins easy long run include last 30 mins at Half Marathon effort + stretch
11	Rest	40 mins easy effort run + stretch	60 mins run including: 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts + stretch	45 mins easy effort run + stretch	15 mins warm up, 6 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down + stretch	Rest OR 30 mins easy effort run + stretch	70 mins easy long run include last 20 mins at Half Marathon effort + stretch
12	Rest	10 mins warm up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down	30 mins easy effort run + stretch	30 mins easy effort run inc 5 x 15 sec strides + stretch	Rest	20 mins easy effort run + stretch	Half Marathon Race Day

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