













































Running training plan: Half Marathon-Advanced

Easy

Moderate

Hard

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 mins easy run, 30 mins body/core exercises  	10 mins warm up, 4 x 6 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	45 mins easy effort run  	45 mins run: 15 mins easy + 15 mins steady effort + 15 mins at Threshold effort  	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  
2	Rest or 30 mins easy recovery run  	10 mins warm up, 3 x 8 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	45 mins easy effort run  	40 mins steady effort run + 20 mins body/core exercises  	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  
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  	60 mins run: 15 mins easy + 15 mins steady effort + 15 mins at Threshold effort + 15 mins easy  	45 mins easy effort run  	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  
4	Rest or 30 mins easy recovery run  	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  	45 mins run: 15 mins easy + 15 mins steady effort + 15 mins at Threshold effort  	Rest 	45 mins steady effort undulating run – push the effort on 4-5 hills to 90% effort  	120 mins easy/steady effort long run, off road if possible  

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Running training plan: Half Marathon-Advanced

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Hard



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	30 mins easy run OR 30 mins body/core exercises  	10 mins warm up, 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down  	60 mins steady effort run  	15 mins warm up, 6 x 1K at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down 	45 mins Cross- Training (focus on body weight exercises & core exercises)  	Rest 	120 mins easy long run include last 30 mins at Half Marathon effort  
6	Rest 	50 mins run: 15 mins easy + 20 mins at Threshold effort + 15 mins easy  	45 mins easy effort run  	15 mins warm up, 5 x 2 mins at 90% effort with 60 secs jog recovery between efforts, 15 mins cool down  	Rest 	30 mins easy effort run  	10K Race or Time Trial 
7	30 mins easy run + 30 mins body/core exercises  	45 mins easy effort run  	45 mins run over an undulating route including middle 20 mins at Threshold effort  	Rest 	15 mins warm up, 6 x 1K at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down 	45 mins easy effort run  	120 mins easy long run include last 40 mins at Half Marathon effort  
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  	40 mins easy effort run  	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  	100 mins easy effort long run  

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Running training plan: Half Marathon-Advanced

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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  	45 mins steady effort run  	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  	120 mins easy long run include last 40 mins at Half Marathon effort  
10	30 mins recovery run  	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  	45 mins run: 15 mins easy + 15 mins steady effort + 15 mins easy effort run  	60 mins run inc. 3 x 10 mins at Threshold effort with 60 secs jog recovery between efforts  	Rest 	90 mins easy long run include last 30 mins at Half Marathon effort  
11	Rest 	40 mins easy effort run  	60 mins run including: 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts  	45 mins easy effort run  	15 mins warm up, 6 x 3 mins at 90% effort with 90 secs jog recovery between efforts, 15 mins cool down  	Rest OR 30 mins easy effort run  	70 mins easy long run include last 20 mins at Half Marathon effort  
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  	30 mins easy effort run inc 5 x 15 sec strides  	Rest 	20 mins easy effort run  	Half Marathon Event!

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