



# Advanced 8-Week Half Marathon Training Plan

| WEEK | MONDAY      | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY | SUNDAY                                 |
|------|-------------|---|---|---|---|----------|--|
| 1    | Run 30 mins | Run 45 mins   | Run 45 mins, Slightly Faster<br>Run 20 mins   | Run 15 mins, Interval:<br>Max effort 90 sec,<br>Walk 2 mins,<br>Repeat X 10,<br>Run 15 mins | Run 10 mins, Slightly Faster,<br>Run 30, Jog 10 | REST     | Run 80 mins                            |
| 2    | Run 45 mins | Run 40 mins, Jog 10,<br>Slightly Faster<br>Run 15   | Run 15 mins, Interval<br>Max effort 60 sec,<br>Jog 2 mins, Repeat X 8,<br>Run 20 mins | Run 45 mins   | Fartlek Running<br>50 mins                      | REST     | Run 90 mins                            |
| 3    | Run 30 mins | Run 15 mins, Interval:<br>Max effort 90 sec,<br>Jog 2 mins, Max effort<br>70 sec, Jog 2 mins,<br>Max effort 50 sec, Jog<br>2 mins Repeat X 8<br>Run 10 mins | Run 30 mins   | Run 50 mins   | Fartlek Running<br>60 mins                      | REST     | Run 100 mins                           |
| 4    | Run 40 mins | Run 15 mins, Interval:<br>Max effort 50 sec, Jog<br>1 min, Repeat X 20<br>Run 10 mins   | Run 45 mins   | Run 60 mins   | Fartlek Running<br>60 mins                      | REST     | 13.1 miles – own time,<br>good effort. |
| 5    | REST        | Run 30 mins   | Run 20 mins,<br>Jog 20 mins,<br>Run 20 mins   | Run 60 mins   | Run 60 mins                                     | REST     | Run 100 mins                           |
| 6    | Run 50 mins | Run 40 mins   | Fartlek Running<br>60 mins  | Run 45 mins   | Fartlek Running<br>60 mins                      | REST     | Run 120 mins                           |
| 7    | Run 30 mins | Run 15 mins, Interval:<br>Max effort 90 sec,<br>Jog 2 mins,<br>Repeat X 10<br>Run 15 mins   | Run 45 mins,<br>Jog 20 mins   | Run 90 mins   | Run 40 mins                                     | REST     | Run 120 mins                           |
| 8    | Run 30 mins | REST  | Run 60 mins   | Run 30 mins, Jog 20   | Run 40 mins                                     | REST     | <b>HALF MARATHON<br/>RACE</b>          |