

HALF MARATHON ADVANCED

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12	rest	Fartlek - 3 x 5min, 3 x 4min, 2 x 3min, 2 x 2min with 90sec recoveries	Cross train 30 - 40min easy	30 min relaxed or steady	rest	Cross train or 30min relaxed	1hr long run
11	rest	Hills - min of 8 to max of 12 x 150 -200m - very slow jog down recovery	Cross train 40min easy	30 min relaxed or steady	rest	Cross train or 30min relaxed	1hr 10 min long run
10	rest	Fartlek 4 sets of (5x30sec) recoveries start at 120sec and reduce by 15 sec each rep. rest 5min between sets	Cross train or 40min easy	40min relaxed or steady	rest	Cross train or 40min relaxed	1hr 20min long run
9	rest	3 x 750m, 32 x 500m, 2 x 250m with 90sec recoveries	Cross train 40min easy	40 min relaxed or steady	rest	Cross train or 40min relaxed	1hr 25 min long run
8	rest	6 x 800m with 2min recoveries	Cross train or 50min easy	50 min relaxed or steady	rest	Cross train or 50min relaxed	1hr 30min long run
7	rest	Hills - min of 10 to max of 12 x 150 -200m - very slow jog down recovery	Cross train or 50min easy	50 min relaxed or steady	rest	Cross train or 50min relaxed	1hr 35min long run
6	rest	Fartlek - 3 x 6min, 3 x 5min, 3 x 4min, 2 x 3min with 90sec recoveries	Cross train or 50min easy	50 - 60min relaxed or steady	rest	Cross train or 40min relaxed	1h 40min long run
5	rest	1000m, 800m, 600m, 400m, 200m with 90sec recoveries	Cross train or 60min med long	50 - 60 min relaxed or steady	rest	Cross train or 40min relaxed	1h 45min long run
4	rest	8 x 400m with 90sec recoveries	Cross train or 60min med long	40 - 50min relaxed or steady	rest	Cross train or 30min relaxed	1hr 50 min long run
3	rest	1min, 2min, 3min, 4min, 4min, 3min, 2min, 1min - half rep time recovery	Cross train or 60min med long	40 - 50min relaxed or steady	rest	Cross train or 30min relaxed	2hr long run
2	rest	5 x (800m + 200m with 1min recovery) rest 3min between sets	Cross train or 60min med long	40 - 50min relaxed or steady	rest	Cross train or 20min relaxed	1hr 50 min medium long run
1	rest	1km time trial followed by 6 x 400m strides	Rest or easy 20min	20min + 5x200m strides	Rest or 20min light run	rest	Half Marathon