

Advanced Half Marathon Training Plan

Day/Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Cross training + S&C	30 mins easy	REST	40 mins easy	REST	REST	60 mins easy, strong finish
Week 2	Cross training + S&C	15 mins easy (6 x 3 min @ 10k pace, 2 mins easy) 15 mins easy	Yoga or S&C	40 mins easy	REST	20 mins easy or Cross-train	75 mins easy
Week 3	Cross training + S&C	15 mins easy (4 x 5 min @ just quicker than your target half marathon pace, 2-3 mins easy) 15 mins easy	Yoga or S&C	45 mins easy	REST	30 mins easy or Cross-train	90 mins easy
Week 4	Cross training + S&C	15 mins easy (3 x 8 min @ at your target half marathon pace, 2-3 mins easy) 15 mins easy	Yoga or S&C	45 mins easy	REST	30 mins easy or Cross-train	90 mins easy
Week 5	Cross training + S&C	45 mins easy	Yoga or S&C	30 mins easy	REST	20 mins easy or Cross-train	60 mins easy
Week 6	Cross training + S&C	15 mins easy (6 x 3 min @ 10k pace, 2 mins easy) 15 mins easy	Yoga or S&C	40 mins (10 mins easy, 20 mins @ half marathon pace, 10 mins easy)	REST	30 mins easy or Cross-train	90 mins (last 30 mins @ target race pace)
Week 7	Cross training + S&C	15 mins easy (4 x 5 min @ just quicker than your target half marathon pace, 2-3 mins easy) 15 mins easy	Yoga or S&C	50 mins (10 mins easy, 30 mins @ half marathon pace, 10 mins easy)	REST	30 mins easy or Cross-train	1 hour 45 mins (last 30 mins @ target race pace)
Week 8	Cross training + S&C	15 mins easy (3 x 8 min @ at your target half marathon pace, 2-3 mins easy) 15 mins easy	Yoga or S&C	50 mins (10 mins easy, 30 mins @ half marathon pace, 10 mins easy)	REST	30 mins easy or Cross-train	75 mins easy, 45 mins at race pace
Week 9	Cross training + S&C	45 mins easy	Yoga or S&C	45 mins easy	REST	20 mins easy or Cross-train	90 mins easy

Week 10	Cross training + S&C	15 mins easy (8 x 2 min @ 5k pace, 2 mins easy) 15 mins easy	Yoga or S&C	60 mins (15 mins easy, 20 mins @ half marathon pace, 5 mins easy, 10 mins @ 10k pace, 10 mins easy)	REST	20 mins easy or Cross-train	75-90 mins easy, 30 mins a bit faster
Week 11	Cross training + S&C	15 mins easy (8 x 2 min @ 5k pace, 2 mins easy) 15 mins easy	Yoga or S&C	60 mins (10 mins easy, 40 mins @ half marathon pace, 10 mins easy)	REST	REST	75 mins (60 mins easy, 15 mins at half marathon pace)
Week 12	REST	40 mins run (middle 20 mins @ half marathon pace)	REST	30 mins easy	REST	REST	RACE

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