

14 week advanced half marathon schedule

You should do the advanced plan if you are a regular runner and plan to run 5-6 times per week in your half marathon build up.

Monday is always a light day. Tuesday builds speed endurance. Wednesday is a day of 'active recovery'. Thursday develops race pace running. Friday is always a rest day. Saturday is a steady day whilst Sunday is to develop your strength and stamina.

14 weeks to go:

M	30mins easy running
T	45mins easy running
W	Active recovery /Cross training
Th	10mins easy, 30mins steady run, 10mins easy.
F	Rest
S	30mins easy running
S	75mins easy running

13 weeks to go:

M	30mins easy running
T	10min easy run (3min fast run, 2min easy run) Repeat 4x. 10min easy run.
W	Active recovery /Cross training
Th	10mins easy, 35mins steady, 10mins easy
F	Rest
S	35mins easy running
S	80mins easy running

12 weeks to go:

M	35mins easy running
T	10min easy run, (3min fast run, 2min easy run) Repeat 6x. 10min easy run
W	Active recovery /Cross training
Th	Run 5min easy, run 20min at 'tempo', 5min easy run.
F	Rest
S	40mins easy running
S	80mins easy running

11 weeks to go:

M	35mins easy running
T	10min easy run, (3min fast run, 60s easy run) Repeat 6x. Jog 10min easy
W	Active recovery /Cross training
Th	Run 10min easy. Run 30min at 'tempo' pace. Run 10min easy.
F	Rest
S	45mins easy running
S	90mins easy running

10 weeks to go: A recovery week!

M	35mins easy running
T	45mins easy
W	Active recovery /Cross training
Th	Run 10min easy, 20min steady, 10min easy.
F	Rest
S	45mins easy running.
S	90mins (20mins easy, 50mins at half marathon pace, 20mins easy)

9 weeks to go:

M	40mins easy running
T	10mins easy run. (4 mins tempo run, 2mins jog rec) Repeat 5x. 10mins easy.
W	Active recovery /Cross training
Th	10mins easy, 10mins steady, 10mins at half marathon pace, 10mins steady, 10 mins easy.
F	Rest
S	50mins easy running
S	1 hour 40mins easy

8 weeks to go:

M	40mins easy running
T	10min easy run. (5min tempo run, 2min easy run) Repeat 5x. 10min easy run
W	Active recovery /Cross training
Th	Run 10mins easy, 15min steady, 15min fast, 10min steady, 10 min easy.
F	Rest
S	50mins easy running
S	1 hour 50mins easy

7 weeks to go:

M	40mins easy running
T	10min easy run, (6min fast, 2min easy) Repeat 5x. 10min easy run.
W	Active recovery /Cross training
Th	Run 5min easy, run 40min at tempo pace, run 5 min easy
F	Rest
S	45mins easy.
S	90mins easy running

6 weeks to go:

M	45mins easy running
T	10mins easy, Hills: 6 x 90secs tempo up hill, jog down to recover. 10mins easy running
W	Active recovery /Cross training
Th	10mins easy, (4 x 10mins at half marathon pace, 2mins jog rec) 10mins easy
F	Rest
S	45mins easy run
S	2 hours easy run

5 weeks to go:

M	30mins very easy recovery run.
T	10mins easy, (4 x 3mins tempo pace with 2min jog rec) 10mins easy
W	Active recovery /Cross training
Th	10mins easy, (3 x 15mins at half marathon pace, 2mins jog rec) 10mins easy.
F	Rest
S	40mins easy run.
S	2 hours (30mins easy, 30mins steady, 30mins at half marathon pace, 30mins easy)

4 weeks to go: Suggested race week or a lighter week

M	30mins easy
T	10mins easy, Hills; (6 x 90sec tempo uphill, jog down recovery) 10mins easy
W	Active recovery /Cross training
Th	40mins easy
F	30mins easy
S	Rest
S	Race a 10k/5mile

3 weeks to go:

M	45mins easy
T	Jog 10min, run 5min fast, run 1min easy. Repeat 5x. 10min easy run.
W	Active recovery /Cross training
Th	45mins easy run
F	Rest
S	Run 5min. Run 20min steady, run 20min fast, run 20min steady. Jog 5min easy = 70mins
S	1 hour 40mins easy running

2 weeks to go:

M	30 mins easy
T	Jog 10min (run 5min fast, run 1min easy) Repeat 5x. 10min easy run
W	Active recovery /Cross training
Th	Run 10min easy, run 25min at half marathon race pace, run 10min easy.
F	Rest
S	30mins easy
S	65mins very easy running

1 week to go: Taper week to help you feel energized on the start line.

M	Rest
T	Jog 5min, run 5min at half marathon pace. Run 5min easy. Repeat 3x. Run 5min easy.
W	Rest
Th	20mins easy
F	Rest
S	15mins easy run
S	Half marathon race. Good luck.