

ADVANCED HALF-MARATHON TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		Tempo run (8 miles) Pace:		Speedwork (6 x 1 mile) Pace:	Tempo run (8 miles) Pace:		Progression run (13 miles) Pace:
Week 2		Progression run (9 miles) Pace:		Speedwork (7 x 1 mile) Pace:	Tempo run (8 miles) Pace:		Progression run (14 miles) Pace:
Week 3		Speedwork (8 x 1 mile) Pace:		Tempo run (9 miles) Pace:	Hill running (8 x 800m) Pace: Recovery run (4 miles) Pace:		Progression run (15 miles) Pace:
Week 4		Speedwork (8 x 1 mile) Pace:		Progression run (10 miles) Pace:	Hill running (8 x 800m) Pace: Recovery run (4 miles) Pace:		Progression run (15 miles) Pace:
Week 5		Speedwork (8 x 1 mile) Pace:		Tempo run (10 miles) Pace:	Hill running (8 x 800m) Pace: Progression run (4 miles) Pace:		Progression run (15 miles) Pace:
Week 6	Tempo run (7 miles) Pace:	Speedwork (6 x 1 mile) Pace:		Tempo run (10 miles) Pace:	Hill running (6 x 800m) Pace: Tempo run (4 miles) Pace:		Progression run (13 miles) Pace:
Week 7	Tempo run (7 miles) Pace:	Speedwork (6 x 1 mile) Pace:		Tempo run (10 miles) Pace:	Hill running (6 x 800m) Pace: Tempo run (4 miles) Pace:		Long slow run (13 miles) Pace:
Week 8		Tempo run (10 miles) Pace:		Recovery run (8 miles) Pace:			Race day

