

# ADVANCED HALF MARATHON SCHEDULE

**TARGET:** TO RUN 13 MILES NON STOP **PREREQUISITE:** ADVANCED 10K **SCHEDULE:** 6 DAYS PER WEEK

THIS TRAINING SCHEDULE PRESUMES THAT YOU ALREADY HAVE A FITNESS LEVEL WHICH WILL ALLOW YOU TO RUN FOR 20 MINUTES NON-STOP. IF YOU ARE CURRENTLY UNABLE TO DO THIS YOU SHOULD BEGIN WITH THE FOLLOWING:

## PRE-WEEK 1

### MONDAY

Walk for 30 mins

### TUESDAY

Rest

### WEDNESDAY

Jog for 10 mins slowly

### THURSDAY

Rest

### FRIDAY

Jog for 10 mins slowly

### SATURDAY

Rest

### SUNDAY

Jog for 10 mins at medium pace

## PRE-WEEK 2

### MONDAY

Walk for 40 mins

### TUESDAY

Rest

### WEDNESDAY

Jog for 10 mins medium pace

### THURSDAY

Rest

### FRIDAY

Jog for 15 mins slowly

### SATURDAY

Rest

### SUNDAY

Jog for 10 mins at quick pace

## PRE-WEEK 3

### MONDAY

Rest

### TUESDAY

Run for 15 mins slowly

### WEDNESDAY

Rest

### THURSDAY

Run for 10 mins quick pace

### FRIDAY

Run for 15 mins slowly

### SATURDAY

Rest

### SUNDAY

Run for 20 mins easy pace

ON REST DAYS TRY TO DO 50 PUSH-UPS AND 50 SIT-UPS PER DAY. THIS WILL INCREASE TOTAL BODY STRENGTH AND HELP YOUR RUNNING.

## WEEK 1

### MONDAY

Rest

### TUESDAY

Run 20 min

### WEDNESDAY

Rest

### THURSDAY

Fartlek: 4 x 6 mins quick pace with 2 min slow jog/walk between each

### FRIDAY

Rest

### SATURDAY

20 min easy run

### SUNDAY

Rest

## WEEK 2

### MONDAY

30 min slow run

### TUESDAY

Rest

### WEDNESDAY

15 min quick run

### THURSDAY

Rest

### FRIDAY

Fartlek: 4 x 6 mins quick pace with 2 min slow jog/walk between each

### SATURDAY

Rest

### SUNDAY

20 min medium pace run

## WEEK 3

### MONDAY

Rest

### TUESDAY

30 min medium pace

### WEDNESDAY

Rest

### THURSDAY

4 x 200m hill runs (medium gradient hill) Walk/Jog back rest. Runs to be done fast

### FRIDAY

Rest

### SATURDAY

30 min easy run

### SUNDAY

Rest

# ADVANCED HALF MARATHON SCHEDULE contd

## WEEK 4

**MONDAY**  
40 min easy run

**TUESDAY**  
Rest

**WEDNESDAY**  
6 x 5 min quick pace efforts with 3 min jogs between each

**THURSDAY**  
Rest

**FRIDAY**  
30 min easy run

**SATURDAY**  
Rest

**SUNDAY**  
45 min easy run

## WEEK 5

**MONDAY**  
45 min easy run

**TUESDAY**  
Rest

**WEDNESDAY**  
30 min easy run

**THURSDAY**  
Rest

**FRIDAY**  
30 min medium pace race

**SATURDAY**  
Rest

**SUNDAY**  
45 min easy run

## WEEK 6

**MONDAY**  
Rest

**TUESDAY**  
6 x 5 min quick pace runs with 2 min jogs between each

**WEDNESDAY**  
Rest

**THURSDAY**  
45 medium pace run

**FRIDAY**  
Rest

**SATURDAY**  
4 x 200 m hill runs walk/jog. Fast pace runs

**SUNDAY**  
30 min easy run

## WEEK 7

**MONDAY**  
Rest

**TUESDAY**  
50 min easy run

**WEDNESDAY**  
Rest

**THURSDAY**  
Rest

**FRIDAY**  
45 min medium pace run

**SATURDAY**  
4 x 200 m hill runs walk/jog. Fast pace runs

**SUNDAY**  
Rest

## WEEK 8

**MONDAY**  
40 min quick run

**TUESDAY**  
Rest

**WEDNESDAY**  
50 min easy run

**THURSDAY**  
Rest

**FRIDAY**  
45 min medium pace race

**SATURDAY**  
Rest

**SUNDAY**  
50 min easy run

## WEEK 9

**MONDAY**  
Rest

**TUESDAY**  
4 x 6 min medium pace runs with 2 min jogs between each

**WEDNESDAY**  
Rest

**THURSDAY**  
45 min medium pace

**FRIDAY**  
Rest

**SATURDAY**  
Rest

**SUNDAY**  
60 min easy run

# ADVANCED HALF MARATHON SCHEDULE contd

## WEEK 10

### MONDAY

Rest

### TUESDAY

45 min medium pace

### WEDNESDAY

Rest

### THURSDAY

1 x 2 min fast, 1 x 3 min fast, 1 x 4 min fast,  
1 x 5 min fast, 1 min, 2 min, 3 min jog/walk  
respectively

### FRIDAY

Rest

### SATURDAY

60 min easy run

### SUNDAY

60 min easy run

## WEEK 11

### MONDAY

Rest

### TUESDAY

Rest

### WEDNESDAY

70 min easy run

### THURSDAY

Rest

### FRIDAY

6 x 200m hill runs. Walk/jog back down

### SATURDAY

Rest

### SUNDAY

70 min easy run

## WEEK 12

### MONDAY

30 min quick run

### TUESDAY

Rest

### WEDNESDAY

50 min easy run

### THURSDAY

Rest

### FRIDAY

45 min easy run

### SATURDAY

Rest

### SUNDAY

100 min easy run

## WEEK 13

### MONDAY

Rest

### TUESDAY

60 min easy run

### WEDNESDAY

Rest

### THURSDAY

4 x 2 min quick runs 2 min jogs between  
each

### FRIDAY

20 min quick run

### SATURDAY

Rest

### SUNDAY

115 min easy run

## WEEK 14

### MONDAY

Rest

### TUESDAY

Rest

### WEDNESDAY

60 min easy run

### THURSDAY

Rest

### FRIDAY

45 min quick pace race

### SATURDAY

Rest

### SUNDAY

60 min easy run

## WEEK 15

### MONDAY

Rest

### TUESDAY

Rest

### WEDNESDAY

30 min easy run

### THURSDAY

Rest

### FRIDAY

30 min easy run

### SATURDAY

Rest

### SUNDAY

Run Half Marathon