



Advanced Half Marathon Training Plan

Designed for those who have completed a number of races in the 10k–marathon distance range who are looking to improve their HM time.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage	Notes
1	4 easy or cross-train	5	5	5	0	5 plus striders	8	28-32	
2	4 easy or cross-train	5	6: 1 mile warm up, 3x mile cutdowns w/ 5:00 jog recovery, 1 mile cool down	6	0	5 plus striders	9: middle mile intervals (miles 3-8: 1/2 mile @ target race pace +60 seconds, 1/2 mile @ target race pace +30 seconds)	31-35	
3	4 easy or cross-train	6	7: 1.5 mile warm up, 5x 1000m cutdowns w/ 500m jog recovery, 1.5 mile cool down	6	0	5 plus striders	10: middle mile pacework (miles 4-7 at target race pace)	34-38	
4	4 easy or cross-train	6	7: 1.5 mile warm up, 2 mile tempo, 1/2 mile easy, 2 mile tempo, 1 mile cool down	5	0	5 plus striders	8	31-35	down week
5	5 easy or cross train	6	8: 1.5 mile warm up, 4x mile w/ 400m jog recovery, 1.5 mile cool down	6	0	5 plus striders	11: first 6 miles steady, last 5 miles at target race pace	36-41	
6	5 easy or cross train	6	9: 1.5 mile warm up, into progression: 1 mile GP +30, 2 mile GP +15, 2 mile GP, 1 mile GP -15, 1.5 mile cool down	6	0	6 plus striders	11	38-43	



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7	5 easy or cross train	6	9: Rolling Tempo: 1.5 mile warm up, into 5x mile with 3/4 mile at GP +15 and 1/4 mile at GP -15, w/ 1/4 mile jog recovery between miles, 1.5 mile cool down	6	0	7 plus striders	12: 2 miles warm up, 4 miles tempo, 1 mile cruise, 4 miles tempo, 1 mile cool down	40-45	
8	5 easy or cross train	5	6: 1 mile warm up, 3x mile at GP -15 w/ 1/2 mile recovery, 1 mile cool down	5	0	5 plus striders	9	30-35	down week
9	6 easy or cross train	6	8: 1.5 mile warm up, 3x 1.5 miles. Pace target #1 = GP -5, #2 = GP -10, #3 = GP -15, 5:00 jog recovery between intervals, 1 mile cool down	6	0	7 plus striders	12	39-45	
10	6 easy or cross train	6	8	7	0	9 at target race pace	12: 4 miles @ target race pace +1:00, 6 miles @ target race pace, a miles @ target race pace -0:15, 1 mile easy	42-48	



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11	5 easy or cross train	6	7: 2 mile warm up, 3x mile @ target race pace - 5 seconds w/ 5:00 jog recovery, 1 mile cool down	7	0	7 plus striders	10	37-42	
12	5 easy or cross train	5	5: 1.5 mile warm up 2x mile at goal pace with 2:00 jog recovery, 1 mile cool down	5	0	3 plus striders	Race Day!	31-36	race week

General notes:

- Runners in this program should have run a half marathon or similar distance races in the past.
- Runners in this program should be doing general base mileage before starting this program.
- Long run target pace (Sunday workouts) = race target pace +1:15 to +1:30/mile, unless otherwise stated.
- Workout pace targets, + numbers indicate slower than target race pace, - numbers indicate faster than target race pace.
- This plan is designed with the Half Marathon Unplugged in mind, flat course. For target races on hilly courses, some Weds and Sun workouts should be done on hilly terrain.
- Striders on Saturday - At the end of your mileage, run 6-8x quick 40m-50m concentrating on good form. These aren't sprints, be "tall and bouncy" the whole way.

Author: Joe Connelly, January 2021