

MONTH _____



half marathon advanced

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	4 MILES TIME:		3 MILES TIME:		3 MILES TIME:	4 MILES TIME:	
WEEK 2	4 MILES TIME:		5 MILES TIME:		4 MILES TIME:	4 MILES TIME:	
WEEK 3	5 MILES TIME:		5 MILES TIME:		4 MILES TIME:	4 MILES TIME:	
WEEK 4	6 MILES TIME:		4 MILES TIME:		4 MILES TIME:	5 MILES TIME:	
WEEK 5	7 MILES TIME:		4 MILES TIME:		5 MILES TIME:	4 MILES TIME:	
WEEK 6	8 MILES TIME:		5 MILES TIME:		5 MILES TIME:	4 MILES TIME:	
WEEK 7	9 MILES TIME:		5 MILES TIME:		6 MILES TIME:	5 MILES TIME:	
WEEK 8	7 MILES TIME:		5 MILES TIME:		5 MILES TIME:	4 MILES TIME:	

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	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 9	11 MILES TIME:		5 MILES TIME:		7 MILES TIME:	5 MILES TIME:	
WEEK 10	11 MILES TIME:		5 MILES TIME:		7 MILES TIME:	5 MILES TIME:	
WEEK 11	12 MILES TIME:		6 MILES TIME:		8 MILES TIME:	5 MILES TIME:	
WEEK 12	12 MILES TIME:		6 MILES TIME:		8 MILES TIME:	5 MILES TIME:	
WEEK 13	9 MILES TIME:		5 MILES TIME:		6 MILES TIME:	4 MILES TIME:	
WEEK 14	7 MILES TIME:		4 MILES TIME:		5 MILES TIME:	4 MILES TIME:	
WEEK 15	5 MILES TIME:		5 MILES TIME:		3 MILES TIME:	3 MILES TIME:	
WEEK 16	4 MILES TIME:		3 MILES TIME:		3 MILES TIME:	WALK 3 TIME:	HALF MARATHON TOMORROW!

ADVANCED HALF MARATHON TRAINING PLAN:

For runs 2 & 3: Do a warm up run for one mile, run the middle miles at race pace, and do a cool down run for the last mile.

For long runs: After week 5; for the first 4 miles run at 1 minute slower than race pace, the next middle miles, run at race pace, and then run the last mile at 30-60 seconds faster than race pace. This will train you to finish strong.