



# Half Marathon Advanced Training Program

**Legend:** w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

Week 8		Week 7		Week 6		Week 5	
Monday	45min jog	Monday	45min jog	Monday	50min jog easy	Monday	40min jog easy
Tuesday	10min jog w/u (10min effort, 2min jog) X3 10min Jog c/d	Tuesday	10min jog w/u (15min effort, 5min jog) X2 10min Jog c/d	Tuesday	10min jog w/u (20min effort, 5min jog) X2 10min Jog c/d	Tuesday	10min jog w/u (20min effort, 5min jog) X2 10min Jog c/d
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	50min jog (hilly course)	Thursday	50min jog (hilly course)	Thursday	50min jog (hilly course)	Thursday	60min jog (hilly course)
Friday		Friday		Friday		Friday	
Saturday	10min jog w/u 30min run 10min Jog c/d	Saturday	10min jog w/u 30min run 10min Jog c/d	Saturday	10min jog w/u 40min run 10min Jog c/d	Saturday	10min jog w/u 40min run 10min Jog c/d
Sunday	75min jog	Sunday	75min jog	Sunday	90min jog	Sunday	90min jog



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Week 16		Week 15		Week 14		Week 13	
Monday		Monday		Monday	10min walk w/u 20min jog 10min walk c/d	Monday	25min jog
Tuesday	10min walk w/u 10min jog 2min walk 10min jog 10min walk c/d	Tuesday	10min walk w/u 20min jog 10min walk c/d	Tuesday	5min walk w/u 20min jog 5min walk 20min jog 5min walk c/d	Tuesday	10min jog w/u 10min run 10min Jog c/d
Wednesday		Wednesday		Wednesday		Wednesday	
Thursday	10min walk w/u 20min jog 10min walk c/d	Thursday	10min walk w/u 30min jog 10min walk c/d	Thursday	5min walk w/u 30min jog 5min walk c/d	Thursday	35min jog
Friday		Friday		Friday		Friday	
Saturday	10min walk w/u 15min jog, 2min walk, 10min jog 10min walk c/d	Saturday	10min walk w/u 25min jog 10min walk c/d	Saturday	5min jog w/u 25min run 5min jog c/d	Saturday	10min jog w/u 15min run 10min Jog c/d
Sunday		Sunday		Sunday		Sunday	40min jog