

Training Plans • Half Marathon Advanced



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Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

Week 1



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
13 miles. Long distance run at a conversational pace.	Rest day.	4x 1 mile PI (400) 6x 200 SI (100)	4 miles. Long distance run at a conversational pace.	3 miles PI 2x 800 CI (200) 4x 100M strides.	4 miles. Long distance run at a conversational pace.	6 miles. 4x 100M strides.

Notes:

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Week 2



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
14 miles. Long distance run at a conversational pace.	Rest day.	4x 1 mile PI (400) 6x 200 SI (100)	4 miles. Long distance run at a conversational pace.	3 miles PI 2x 800 CI (200) 4x 100M strides.	4 miles. Long distance run at a conversational pace.	6 miles. 4x 100M strides.

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Week 3



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	Rest day.	FFI 2x 400 SI (100) 2x 1200 CL (200) 2x 2000 PI	4 miles. Long distance run at a conversational pace. 4x 100M fast strides.	4 miles PI	3 miles. Long distance run at a conversational pace.	6 miles. 6x 100M strides.

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Week 4



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
15 miles. Long distance run at a conversational pace.	Rest day.	3x 1.5 mile CI (400)	4 miles. Long distance run at a conversational pace.	6 miles alternating 2:00-3:00 CI w/ 1:00 jogs.	3 miles. Long distance run at a conversational pace.	6 miles. 6x 100M strides.

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Week 5



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
16 miles. Long distance run at a conversational pace.	Rest day.	FFI 2x 400 SI (100) 2x 1200 CI (200) 2x 2000 PI	4 miles. Long distance run at a conversational pace.	6 miles alternating 2:00-3:00 CI w/ 1:00 jogs.	3 miles. Long distance run at a conversational pace.	6 miles. 6x 100M strides.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
12 miles. Long distance run at a conversational pace.	Rest day.	4x1 200 CI (200) 6x 200 SI (100)	4 miles. Long distance run at a conversational pace.	2x 400 SI (100) 2x 800 SI (200) 2x 400 SI	Rest day.	10K race.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
17 miles. Long distance run at a conversational pace.	Rest day.	FFI 2x 400 SI (100) 2x 1200 CI (200) 2x 3200 PI	3 miles PI 2x 800 CI (200) 4x 100M strides	5-6 miles PI	Rest day.	6 miles. Long distance run at a conversational pace. 6x 100M fast strides.

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Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
10 miles. Long distance run at a conversational pace.	Rest day.	2x1 200 SI (400) 6x 200 SI (55) 2x 1200 SI (400)	3 miles PI	6-7 miles PI	Rest day.	6 miles. Long distance run at a conversational pace. 6x 100M fast strides.

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Taper - Optional 1

Taper



Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Rest day.	6x 400 CI (100)	3 miles PI	4x 400CI (200) 2x 200 SI (100)	Rest day.	3 miles. Long distance run at a conversational pace.	Run your race!

Notes:
