

ADVANCED HALF MARATHON TRAINING PLAN



TERMINOLOGY

STRENGTH & CONDITIONING

Mix of short bursts of effort (intervals) with circuit-style training using bodyweight, weights, or machines. Supports endurance, recovery, and strength.

MOBILITY

Controlled, flowing movements to improve flexibility, range of motion, and reduce injury risk.

STRENGTH

Full-body lifts (squats, deadlifts, presses) and single-leg exercises to build balance, stability, posture, and running efficiency.

EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

STEADY RUNS

Comfortable but harder than easy pace.

TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

PROGRESSION RUNS

Start easy, gradually increase to target race pace.

INTERVALS

High effort, aim for 5K pace.

STRIDES

3 x 20s at 85–90% effort. Improves form and running economy.

WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

WANT TO READ MORE
ABOUT THIS PLAN?

SCAN THE QR CODE BELOW



HALF MARATHON: ADVANCED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 01	Easy Run: 3 Miles	Rest	The Antwerp: 8 x 1min with 1 minute off between each	Strength & Conditioning	Rest	Steady Run: 5min Easy, 3 Miles @ Steady, 5min Easy	Long Run: 6 Miles
WEEK 02	Easy Run: 3 Miles	Rest	Tempo Run: 35min (15min @ Tempo)	Strength & Conditioning	Rest	Steady Run: 5min Easy, 3 Miles @ Steady, 5min Easy	Long Run: 8 Miles
WEEK 03	Easy Run: 4 Miles	Rest	Los Angeles: 5 x 2min efforts with 90 seconds recovery	Strength & Conditioning	Rest	Steady Run: 5min Easy, 4 Miles @ Steady, 5min Easy	Long Run: 10 Miles
WEEK 04	Easy Run: 3 Miles	Rest	Tempo Run: 2 x 10min with 2 minutes recovery in between	Strength & Conditioning	Rest	Long Run: 8 Miles	Mobility & Flexibility
WEEK 05	Easy Run: 5 Miles	Rest	The Auckland: 25min Fartlek	Strength & Conditioning	Rest	The Paris: 3 Miles @ Target + 4 x 3min	Long Run: 10 Miles
WEEK 06	Easy Run: 5 Miles	Rest	The Copenhagen: 3 x 6min/3min. Take 1 minute recovery after each 6 minute rep and 2 minutes after each 3 minute rep	Strength & Conditioning	Rest	Easy Run: 5 Miles	Long Run: 3 Miles Easy, 4 Miles @ Target, 3 Miles Easy
WEEK 07	Easy Run: 6 Miles	Rest	The St Moritz: 10 x 1min (Hills) with 2 minute jog or walk recoveries	Strength & Conditioning	Rest	Steady Run: 5min Easy, 5 Miles @ Steady, 5min Easy	Long Run: 12 Miles
WEEK 08	Easy Run: 4 Miles	Rest	Tempo Run: 3 x 8min	Strength & Conditioning	Rest	Long Run: 12 Miles	Mobility & Flexibility

HALF MARATHON: ADVANCED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 09	Easy Run: 6 Miles	Rest	The Kingston: 12 x 3min with 1 minute recovery	Strength & Conditioning	Rest	Easy Run: 5 Miles	Long Run: 12 Miles (5 Miles @ Steady)
WEEK 10	Easy Run: 7 Miles	Rest	Tempo Run: 6 x 6min with 2 minute recoveries	Strength & Conditioning	Rest	The Sopot: 3 Miles @ Target, 4 x 3min, 3 Miles @ Target	Long Run: 10 Miles
WEEK 11	Easy Run: 7 Miles	Rest	The Oslo: 7 x 5min intervals with 90 seconds recovery	Strength & Conditioning	Rest	Steady Run: 5 Mile Effort (+ Hills)	Long Run: 12 Miles
WEEK 12	Easy Run: 4 Miles	Rest	Progression Run: 15min Blocks. Start at easy pace, shift to steady pace, and finish at half marathon pace before cooling down	Strength & Conditioning	Rest	Long Run: 10 Miles	Mobility & Flexibility
WEEK 13	Easy Run: 5 Miles	Rest	The Gothenburg: 20min Fartlek	Strength & Conditioning	Rest	Easy Run: 5 Miles	Long Run: 3 Miles Easy, 6 Miles @ Target, 3 Miles Easy
WEEK 14	Easy Run: 4 Miles	Rest	The Paris: 3 Miles @ Target + 4 x 3min with 90 seconds recovery	Strength & Conditioning	Rest	Steady Run: 5min Easy, 5 Miles @ Steady, 5min Easy	Long Run: 10 Miles
WEEK 15	Easy Run: 3 Miles (+ Strides)	Rest	Taper Run: 1 Mile Easy, 2 Miles @ Target, 2 Miles Easy	Strength & Conditioning	Rest	Long Run: 8 Miles	Mobility & Flexibility
WEEK 16	Easy Run: 3 Miles (+ Strides)	Rest	Easy Run: 30min (+ Strides)	Strength & Conditioning	Rest	Easy Run: 20mins (+ Strides)	Race Day