HALF MARATHON TRAINING SCHEDULE - ADVANCED

GARMIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Week 1	Recovery run, 40mins and full stretch	AM - Recovery run, 30 mins // PM - Threshold: warm-up, 10mins + 4 x 5mins with 60seconds recovery jog between efforts + cool-down, 10mins	Recovery Run, 45mins	AM - Recovery run, 30mins // PM - Recovery run, 40mins	Rest	Kenyan Hills: warm-up, 10mins + 3 x 7 mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 90 mins. Easy run off road if possible	
Week 2	Recovery run, 30mins plus Cross Training, 30 mins focus on body weight exercises + Stretch	AM - Recovery Run, 40mins // PM - Threshold: warm-up, 10mins + 4 x 6mins @ Threshold with 60seconds recovery jog between efforts + cool-down, 10mins	Recovery Run, 45mins	AM - Recovery Run, 30mins // PM - Steady Undulating Run, 40mins	Pilates or 40 minutes of body conditioning exercises	Kenyan Hills: warm-up, 10mins + 3 x 8 mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 90mins. Easy run off road if possible	
Week 3	Rest or Recovery Run, 30mins	AM - Recovery Run, 40mins // PM - Threshold: warm-up, 10mins + 3 x 8mins with 60seconds recovery jog between efforts + cool-down, 10mins	Recovery Run, 45mins	AM - Recovery Run, 30mins // PM - Recovery Run, 40mins + 20 mins Body Conditioning	Recovery Run, 35mins + Body Weight Exercises, 15mins	Kenyan Hills: warm-up, 10mins + 3 x 10mins with 2mins recovery jog between efforts + cool-down, 10mins	Long Run, 90mins. Easy run off road if possible	
Week 4	Rest	Recovery Run, 45mins + Stretch	Steady Pace Run, 60mins + Stretch	Recovery Run, 40mins + Body Weight Exercises, 15mins	Rest + Sports Massage	Threshold: 15 min warm-up, 20 mins @ Threshold, 15 mins cool down + stretch	Long Run, 60mins. Easy run on road	

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Week 5	Cross Training, 30mins focus on body weight exercises + Stretch	AM - Recovery run, 30 mins + Stretch // PM - Threshold/10k session: warm-up, 10mins + 10mins @ Threshold + 5 x 2mins @ 10K with 90seconds recovery between each effort + 10mins @ Threshold + cool-down, 10mins	Recovery run, 45mins + Stretch	AM - Recovery Run, 40mins // PM - Mixed pace session Easy pace, 10mins + Steady pace, 15mins + Threshold, 15mins + Easy pace, 10mins	Recovery Run, 40mins + Full Stretch	Threshold + hills session: warm-up, 10mins + Threshold, 10mins + Kenyan Hills, 10mins 2mins recovery jog + Threshold +10mins Kenyan Hills, + cool-down, 10mins	Long Run, 105mins. Easy run off road if possible	
Week 6	Rest or Recovery Run, 30mins	Warm-up, 10mins + 10mins @ Threshold + 5 x 3mins @ 10K effort with 90seconds recovery + 10mins @ Threshold + cool-down, 10mins	Recovery Run, 60mins + Body Weight Exercises, 15mins	AM - Recovery Run, 30mins // PM - Mixed pace session 45mins run: Recovery run, 15mins + Steady pace, 15mins + Threshold, 15mins	45mins Cross Training with focus on body conditioning and core + Stretch	AM - Recovery Run, 30mins // PM - 45mins Undulating Run, push 4-5 hills to 90% effort	Long Run, 120mins. Easy relaxed introduce more on road	
Week 7	Recovery Run 30 mins or Cross Training, 30mins focus on body weight exercises + Stretch	AM - Recovery Run, 30mins // PM - warm-up, 10mins + 3 x 10mins @ Threshold with 2mins recovery jog between each effort + cool-down, 10mins	Steady Pace Run, 60mins	AM - Recovery Run, 30mins // PM - 10k session: warm-up, 15mins + 6 x 1km @ 10K with 90seconds recovery jog between efforts + cool-down, 15mins	45mins Cross Training with focus on body conditioning and core + Stretch	45mins steady Undulating Run, but push 4-5 hills to 90% effort	Long Run, 120mins easy but with last 30mins @ half marathon pace effort	
Week 8	Rest and full stretch	AM - Recovery Run, 30mins // PM - 50mins Run: 15mins Easy + 20mins Threshold + 15mins Easy	Recovery run, 45mins	10k session: warm-up, 15mins + 5 x 2 minutes @ 10K with 60seconds recovery jog between efforts + cool-down, 15mins	Rest and full stretch	Recovery Run, 30mins + Full Stretch	Race a 10K =OR= warm-up, 15mins +3 x 2miles @ 10K pace with 3 mins recovery jog between efforts + cool-down, 15mins	

fullpotential

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Week 9	Recovery Run 30 mins + Cross Training, 30mins focus on body weight exercises + Stretch	Recovery run, 45mins + Stretch	AM - Recovery Run, 30mins // PM - 45mins undulating with the middle 25mins @ Threshold	Rest and full stretch	AM - Recovery Run, 30mins // PM - warm-up, 15mins + 6 x 1km @ 10K pace with 90seconds recovery jog between efforts + cool-down, 15mins	Recovery run, 45mins + Stretch	Long Run, 120mins easy but with last 40mins @ half marathon pace	
Week 10	Rest	AM - Recovery Run, 30mins // PM - Warm-up, 15mins + Threshold, 15mins + 4 x 1km @10K pace + 15mins @ Threshold with 90seconds recovery jog between efforts + cool-down, 15mins	Recovery Run, 30mins + Cross Training, 30mins (focus on upper body and core)	45mins Steady Undulating Run, but push the hills to 90% effort	Recovery Run, 40mins + Stretch, 20mins	AM - Recovery Run, 30mins // PM - Warm-up, 10mins +10mins @ Threshold with 60seconds recovery jog + 3 x 1K @ 10K pace with 90seconds recovery jog between efforts + 10mins @ Threshold	Long Run, 100 mins easy run	
Week 11	Rest	AM - Recovery Run, 30mins // PM - Warm-up, 15mins + Threshold, 15mins + 4 x 1km @10K pace + 15mins @ Threshold with 90seconds recovery jog between efforts + cool-down, 15mins	Recovery Run, 30mins + Cross Training, 30mins (focus on upper body and core)	45mins Steady Run + stretch	AM - Recovery Run, 30mins // PM - Warm-up, 10mins +10mins @ Threshold with 60seconds recovery jog + 3 x 1K @ 10K pace with 90seconds recovery jog between efforts + 10mins @ Threshold + cool-down, 10mins	Recovery Run, 40mins + full stretch	Long Run, 120mins easy but with last 40 mins @ half marathon pace	
Week 12	Rest	AM - Recovery Run, 30mins // PM - Warm-up, 15mins + Threshold, 15mins + 4 x 1km @10K pace + 15mins @ Threshold with 90seconds recovery jog between efforts + cool-down, 15mins	Recovery Run, 30mins + Cross Training, 30mins (focus on upper body and core)	45mins Steady Undulating Run, but push the hills to 90% effort	Recovery Run, 40mins + Stretch, 20mins	AM - Recovery Run, 30mins // PM - Warm-up, 10mins +10mins @ Threshold with 60seconds recovery jog + 3 x 1K @ 10K pace with 90seconds recovery jog between efforts + 10mins @ Threshold	Long Run, 105mins. Easy run off road if possible	

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Week 13	Rest or Recovery Run, 40mins depending on how your legs are feeling	AM - 40mins Easy Run // PM - warm-up, 15mins + 3x (5 x 400m @ 10K pace) with 30seconds recovery between efforts and 90seconds recovery between efforts + cool-down, 15mins	Recovery run, 45mins	AM - Recovery Run, 30mins // PM - Recovery Run, 30mins	Rest	RACE 10K =OR= Run a 10km Time Trial @ race effort	Long Run, 75mins Easy conversational pace	
Week 14	Recovery Run 30 mins and full stretch	AM - Recovery Run, 40mins // PM - Warm-up, 15mins + 2 x (3 x 1km @ 10K pace with 90seconds recovery between efforts and 3mins recovery between efforts + cool-down, 15mins	Recovery Run, 40mins and full stretch	AM - Recovery Run, 40mins // PM - 45mins Run: Easy, 15mins + Steady, 15mins + Easy, 15mins	Rest or Pilates	60mins Run incl: 3 x 12mins @ Threshold with 2mins recovery jog between efforts	Long Run, 90mins. Easy conversational pace	
Week 15	Rest	AM - Recovery Run, 40mins // PM - Steady Pace Run, 40mins	AM - Recovery Run, 30mins // PM - 60mins incl 6 x 6 mins @ Threshold with 60seconds recovery jog between efforts	Recovery run, 45mins	Warm-up, 15mins + 6 x 3mins @ 10K pace with 90seconds recovery jog between efforts + cool-down, 15mins	Recovery Run, 30mins or REST	Long Run, 70mins: (Easy, 40min easy + 30mins @ half marathon pace)	
Week 16	Rest	AM - Recovery Run, 40mins // PM - warm-up, 10mins + 4 x 5mins @ Threshold with 60seconds recovery jog between efforts + cool-down, 10mins	Recovery Run, 30mins + Stretch + Sports Massage	30mins Easy including 6 x 20second strides	Rest	Recovery Run, 20mins + Stretch	RACE DAY: GOOD LUCK!	