



ADVANCED HALF MARATHON TRAINING CALENDAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	4 miles easy + 4 striders	Rest	2 miles easy, 1 minute @10k pace with 1' recovery jog x 8, 1 mile easy	4 miles easy + Strength	Rest	6 miles easy	Walk 10 minute, Run 10 minutes, Walk 10 minutes
WEEK 2	5 miles easy + 4 striders	Rest	2 miles easy, 2 miles @ 20-30 seconds faster than easy pace, 1 mile easy	4 miles easy + Strength	Rest	6 miles easy with 1 min @10k pace at the beginning of each mile after the first mile	Walk 10 minute, Run 15 minutes, Walk 10 minutes
WEEK 3	5 miles easy + 4 striders	Rest	2 miles easy, 90 sec @10k pace with 90 sec recovery jog x 6, 1 mile easy	4 miles easy + Strength	Rest	8 miles easy	Walk 10 minute, Run 20 minutes, Walk 10 minutes
WEEK 4	5 miles easy + 4 striders	Rest	2 miles easy, 3 miles @20-30 seconds faster per mile than easy pace, 1 mile easy	4 miles easy + Strength	Rest	9 miles easy	Walk 10 minute, Run 20 minutes, Walk 10 minutes
WEEK 5	4 miles easy	Rest	5 miles easy + 4 striders	4 miles easy + Strength	Rest	8 miles easy with 1 min @10k pace at the beginning of each mile after the first mile	Walk 10 minute, Run 15 minutes, Walk 10 minutes
WEEK 6	5 miles easy + 5 striders	Rest	2 miles easy, 2 minutes @10k pace with 2 minutes recovery jog x 5, 1 miles easy	4 miles easy + Strength	Rest	10 miles easy	Walk 10 minute, Run 20 minutes, Walk 10 minutes
WEEK 7	5 miles easy + 4 striders	Rest	6 miles easy	5 miles easy + Strength	Rest	4 miles easy, 4 miles @goal HMP, 2 miles easy	Walk 10 minute, Run 20 minutes, Walk 10 minutes
WEEK 8	4 miles easy + 4 striders	Rest	2 miles easy, 2 minutes @10k pace with 2 minutes recovery jog x 6, 1 mile easy	4 miles easy + Strength	Rest	8 miles easy	Walk 10 minute, Run 20 minutes, Walk 10 minutes
WEEK 9	5 miles easy + 5 striders	Rest	6 miles easy	5 miles easy + Strength	Rest	3 miles easy, 5 miles @goal HMP, 3 miles easy	Walk 10 minute, Run 20 minutes, Walk 10 minutes
WEEK 10	6 miles easy + 5 striders	Rest	2 miles easy, 90 sec @10k pace with 90 sec recovery jog x 7, 2 miles easy	5 miles easy + Strength	Rest	12 miles easy	Walk 10 minute, Run 20 minutes, Walk 10 minutes
WEEK 11	5 miles easy	Rest	1 mile easy, 2 miles @20-30 sec faster than easy pace, 1 mile easy, 2 miles @20-30 sec faster than easy pace	5 miles easy + Strength	Rest	10 miles easy	Walk 10 minute, Run 20 minutes, Walk 10 minutes
WEEK 12	7 miles easy + 5 striders	Rest	2 miles easy, 2 minutes @10k pace with 2 minutes recovery jog x 6, 2 miles easy	6 miles easy + Strength	Rest	2 miles easy, 7 miles @ goal HMP, 2 miles east	Walk 10 minute, Run 10 minutes, Walk 10 minutes
WEEK 13	3 miles easy + 3 striders	Rest	2 miles easy, 1 minute @10k pace with 1' recovery jog x 6, 1 mile easy	3 miles easy	Rest	6 miles easy	Walk 30 minutes
WEEK 14	3 miles easy + 3 striders	Rest	2 miles easy, 1 minute @10k pace with 1' recovery jog x 4, 1 mile easy	2 miles easy	Rest	Walk 30 minutes	RACE DAY!