

SAMPLE 12 WEEK HALF MARATHON PLAN for an advanced runner, training 4 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	7km 7km Easy Run	7km Shorter Intervals	Rest	7km Steady Opener Progressive Run	Rest	12km 12km Long Run	Rest
WEEK 2	7km 7km Easy Run	7km 1km Repeats	Rest	9km Tempo 1200s	Rest	14km 14km Long Run	Rest
WEEK 3	8km 8km Easy Run	9.4km Mile Repeats	Rest	10km Progressive Run	Rest	16km 16km Long Run	Rest
WEEK 4	6km 6km Easy Run	5km 400s into 200s	Rest	7km Over and Unders 400m	Rest	10km 10km Long Run	Rest
WEEK 5	8km 8km Easy Run	9km 2km Repeats	Rest	11km 200m Tempo Repeats	Rest	15km 15km Long Run	Rest
WEEK 6	9km 9km Easy Run	9.3km Pyramid Intervals	Rest	11km Steady Opener into Up & Overs	Rest	18km 18km Long Run	Rest
WEEK 7	9km 9km Easy Run	9km Drop Set	Rest	9km Varied Tempo 2kms	Rest	22km 22km Long Run	Rest
WEEK 8	7km 7km Easy Run	5km Progressive Mile Repeats	Rest	7km Varied Tempo 4km	Rest	12km 12km Long Run	Rest

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WEEK 9	11km 11km Easy Run	9km 800m Repeats	Rest	11km Tempo 3km Blocks	Rest	18km 18km Long Run	Rest
WEEK 10	10km 10km Easy Run	11km Mile Up & Overs	Rest	11km Half Easy Half Tempo	Rest	15km 15km Long Run	Rest
WEEK 11	9km 9km Easy Run	10km Extended Kms	Rest	9km Over and Unders 1km	Rest	10km 10km Long Run	Rest
WEEK 12	6km 6km Easy Run	Rest	8km Taper Up & Overs	Rest	Rest	Rest	21.1km Half Marathon Race