



Advanced half marathon programme

This programme is for you if you consider yourself to be an advanced runner. You may have already completed half marathon (13 miles / 21km) races before, or possibly a 10km (6 miles) or 10 mile (16km) race, perhaps following the Bupa beginner and intermediate training programmes.



Use this alongside our half marathon training webpage: bupa.co.uk/half-marathon-plan.

The effort levels described here correspond to the 'Activity' column. One mile is equivalent to 1.6km.

For this training programme, distances in km have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Rest	6 miles (10km) steady	30 mins tempo	Rest	60mins cross train, cycle or swim	10 miles (16km) long run
Week 2	Rest	40 mins tempo	5 miles (8km) easy	30 mins interval running	Rest	60mins cross train, cycle or swim	10 miles (16km) long run
Week 3	Rest	30 mins interval running	5 miles (8km) steady	40 mins tempo	Rest	60mins cross train, cycle or swim	12 miles (19km) long run
Week 4	Rest	40 mins tempo	6 miles (10km) steady	6 miles (10km) easy	Rest	60mins cross train, cycle or swim	6 miles (10km) race or long run
Week 5	Rest	40 mins interval running	7 miles (11km) steady	40 mins tempo	Rest	60mins cross train, cycle or swim	13 miles (21km) long run
Week 6	Rest	50 mins tempo	7 miles (11km) steady	40 mins interval running	Rest	60mins cross train, cycle or swim	14 miles (23km) long run
Week 7	Rest	40 mins interval running	7 miles (11km) steady	50 mins tempo	Rest	60mins cross train, cycle or swim	15 miles (24km) long run
Week 8	Rest	Rest	7 miles (11km) steady	30 mins interval running	Rest	60mins cross train, cycle or swim	6 miles (10km) race or long run
Week 9	Rest	50 mins tempo	8 miles (13km) steady	40 mins interval running	Rest	60mins cross train, cycle or swim	16 miles (26km) long run
Week 10	Rest	50 mins interval running	8 miles (13km) steady	50 mins tempo	Rest	60mins cross train, cycle or swim	12 miles (19km) long run
Week 11	Rest	50 mins tempo	5 miles (8km) easy	40 mins interval running	Rest	60mins cross train, cycle or swim	10 miles (16km) long run
Week 12	Rest	30 mins tempo	Rest	4 miles (6km) steady	Rest	Rest	Half marathon RACE

