



## Advanced half marathon programme

This programme is for you if you consider yourself to be an advanced runner. You may have 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.

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	4 miles (6km) easy	Rest	6 miles (10km) steady	5 miles (8km) fartlek	Rest	5 miles (8km) easy	10 miles (16km) long run
Week 2	4 miles (6km) easy	Constant speed 3 x 7 mins <i>(4 mins recovery run between sets)</i>	5 miles (8km) easy	Intervals 4 x 1 mile <i>(400m recovery run between sets)</i>	Rest	5 miles (8km) easy	10 miles (16km) long run
Week 3	4 miles (6km) easy	Hills 6 x 2 mins	5 miles (8km) steady	Intervals 6 x 1000m <i>(400m recovery run between sets)</i>	Rest	5 miles (8km) steady	12 miles (19km) long run
Week 4	5 miles (8km) easy	Constant speed 2 x 10 mins <i>(5 mins recovery run between sets)</i>	6 miles (10km) steady	6 miles (10km) easy	Rest	20 mins easy	6 miles (10km) race pace or 7 miles (11km) time trial
Week 5	5 miles (8km) steady	Constant speed 2 x 15 mins <i>(5 mins recovery run between sets)</i>	7 miles (11km) steady	Hills 6 x 2 mins	Rest	5 miles (8km) easy	13 miles (21km) long run
Week 6	5 miles (8km) easy	Constant speed 2 x 20 mins <i>(5 mins recovery run between sets)</i>	7 miles (11km) steady	Intervals 5 x 1 mile <i>(400m recovery run between sets)</i>	Rest	5 miles (8km) steady	14 miles (23km) long run
Week 7	5 miles (8km) easy	Constant speed 20 mins <i>(5 mins recovery run)</i> 15 mins <i>(4 mins recovery run)</i> 10 mins	7 miles (11km) steady	Hills 8 x 2 mins	Rest	5 miles (8km) easy	15 miles (24km) steady
Week 8	5 miles (8km) easy	Rest	7 miles (11km) steady	Intervals 5 x 1000m <i>(400m recovery run between sets)</i>	Rest	20 mins jog	6 miles (10km) race pace or 7 miles (11km) time trial

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	7 to 8 miles (11 to 13km) steady	Constant speed 3 x 10 mins (4 mins recovery run between sets)	8 miles (13km) steady	Hills 8 x 2 mins	Rest	5 miles (8km) easy	16 miles (26km) long run
Week 10	5 miles (8km) easy	Constant speed 20 mins (5 mins recovery run) 15 mins (4 mins recovery run) 10 mins	8 miles (13km) steady	Hills 6 x 2 mins	Rest	6 miles (10km) steady	12 miles (19km) long run
Week 11	5 miles (8km) easy	7 miles (11km): 1 mile (2km) easy, 5 miles (8km) race pace, 1 mile (2km) easy	5 miles (8km) easy	Constant speed 10 mins (4 mins recovery run) 10 mins (4 mins recovery run) 5 mins	Rest	6 miles (10km) steady	10 miles (16km) long run
Week 12	4 miles (6km) easy	5 miles (8km): 1 mile (2km) easy, 3 miles (5km) race pace, 1 mile (2km) easy	Rest	6 miles (10km) steady	Rest	15 to 20 mins very easy jog or rest	Half marathon RACE



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