

HALF MARATHON TRAINING PROGRAM - ADVANCED



	M	Tu	W	Th	F	Sa	Su
1	5 Miles	4 Miles Hills x4	XT/OFF	5 Miles	4 Miles	7 Miles	Rest
2	4 Miles	1 Mile WU 3 Mile Tempo 1 Mile CD	XT/OFF	6 Miles	4 Miles	7 Miles	Rest
3	4 Miles	1 Mile WU 4x 800m 1 Mile CD	XT/OFF	4 Miles	4 Miles	8 Miles	Rest
4	5 Miles	1 Mile WU 3 Mile Tempo 1 Mile CD	XT/OFF	5 Miles	4 Miles	9 Miles	Rest
5	3 Miles	1 Mile WU Mile Repeats x4 1 Mile CD	XT/OFF	3 Miles	5 Miles	8 Miles	Rest
6	5 Miles	6 Miles Hills x6	XT/OFF	5 Miles	4 Miles	10 Miles	Rest

XT/OFF - Cross Train or Rest (your choice)
WU - Warm Up

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CD - Cool Down
XT - Cross Train

HALF MARATHON TRAINING PROGRAM - ADVANCED



	M	Tu	W	Th	F	Sa	Su
7	5 Miles	1 Mile WU 3 Mile Tempo 1 Mile CD	XT/OFF	5 Miles	4 Miles	11 Miles	Rest
8	5 Miles	1 Mile WU 5x 800m 1 Mile CD	XT/OFF	4 Miles	4 Miles	9 Miles	Rest
9	6 Miles	1 Mile WU 8x400m 1 Mile CD	XT/OFF	5 Miles	4 Miles	12 Miles	Rest
10	5 Miles	1 Mile WU 4 Mile Tempo 1 Mile Tempo	XT/OFF	5 Miles	4 Miles	13 Miles	Rest
11	4 Miles	1 Mile WU 6x 400m 1 Mile CD	XT/OFF	4 Miles	3 Miles	8 Miles	Rest
12	4 Miles	1 Mile WU 4x 400m 1 Mile CD	XT/OFF	3 Miles	Rest	13.1 Miles Race Day!	Rest

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