












6-WEEK ADVANCED/INTERMEDIATE HALF-MARATHON TRAINING PLAN

| WEEK | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|------|----------|--|--|--|--|---|--|
| 1 | Rest Day |  RUNNING 4 X 400 (5K Pace) 2 min. R1 |  Strength Train |  Tempo Run 20 min. at 10K pace |  3 miles CP | Rest Day  CROSS TRAIN 30-45 min. (Optional) |  7 miles |
| 2 | Rest Day |  6 X 400 (5K Pace) 2 min. R1 |  Strength Train |  Hill Repeats 6 X 90 sec. Jog down |  3 miles CP | Rest Day  30-45 min. (Optional) |  8 miles |
| 3 | Rest Day |  3 x 800 (5K Pace) 3 min. R1 |  Strength Train |  Tempo Run 25 min. at 10K pace |  3 miles CP | Rest Day  30-45 min. (Optional) |  9 miles |
| 4 | Rest Day |  3 x 800 (5K Pace) 3 min. R1 |  Strength Train |  Hill Repeats 10 X 90 sec. Jog down |  3 miles CP | Rest Day  30-45 min. (Optional) |  10 miles |

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|------|----------|--|--|--|--|--|---|
| 5 | Rest Day |  3 x 800 (5K Pace) 3 min. RI |  Strength Train |  Tempo Run 30 min. at 10K pace |  3 miles CP | Rest Day  30-45 min. (Optional) |  11 miles |
| 6 | Rest Day |  Tempo Run 20 min. |  Strength Train |  3 miles |  20 min. CP | Off |  HALF-MARATHON |
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