

# ADVANCED // HALF-MARATHON TRAINING PLAN

This programme is aimed at those who have run a half marathon before and/or have been running consistently for the last year. You should be running 30km-40km per week before you start this programme.

| WEEK           | MON  | TUES            | WED           | THUR   | FRI  | SAT   | SUN            | TOTAL  |
|----------------|------|-----------------|---------------|--|------|---|----------------|--------|
| 17-Dec WEEK 1  | Rest | 30min RPE 6-7   | Rest          | 45min RPE 6-7  | Rest | 30min RPE 6-7   | 1hr RPE 6-7    | 2hrs45 |
| 24-Dec WEEK 2  | Rest | 40min RPE 6-8   | Rest          | 45min RPE 6-7  | Rest | 30min RPE 6-7   | 1hr10 RPE 6-7  | 3hrs05 |
| 31-Dec WEEK 3  | Rest | 45min RPE 6-7   | Rest          | 45min RPE 7-8<br>(Hilly Course)  | Rest | 40min<br>(with 15min RPE 8)   | 1hr20 RPE 6-7  | 3hrs30 |
| 7-Jan WEEK 4   | Rest | 45min RPE 6-7   | 30min RPE 6-7 | 45min (including 5 x 1min 30sec Hill Repeats – jog back down to recover)     | Rest | 40min RPE 8   | 1hr20 RPE 6-7  | 4hrs   |
| 14-Jan WEEK 5  | Rest | 40min RPE 6-8   | Rest          | 45min RPE 6-7  | Rest | 40min RPE 6-7   | 1hr RPE 6-7    | 3hrs05 |
| 21-Jan WEEK 6  | Rest | 45min RPE 6-7   | 30min RPE 6-7 | 45min (including 5 x 1min 30 sec Hill Repeats – jog back down to recover)    | Rest | 40min<br>(with 15min RPE 8)   | 1hr20 RPE 6-7  | 4hrs   |
| 28-Jan WEEK 7  | Rest | 50min RPE 6-7   | 30min RPE 6-7 | 50min (including 5 x 2min Hill Repeats – jog back down to recover)           | Rest | 40min<br>(with 20min RPE 8)   | 1hr30 RPE 6-7  | 4hrs20 |
| 4-Feb WEEK 8   | Rest | 1hr RPE 6-7     | 30min RPE 6-7 | Run 50min (including 5 x 2min 30sec Hill Repeats – jog back down to recover) | Rest | 45min<br>(with 30min RPE 8)   | 1hr40 RPE 6-7  | 4hrs45 |
| 11-Feb WEEK 9  | Rest | 1hr RPE 6-7     | 30min RPE 6-7 | 1hr (including 5 x 3min Hill Repeats – jog back down to recover)             | Rest | 50min<br>(with 40min RPE 8-9)   | 1hr50 RPE 6-7  | 5hrs10 |
| 18-Feb WEEK 10 | Rest | 45min RPE 6-7   | 30min RPE 6-7 | 30min RPE 7  | Rest | 45min RPE 7   | 1hr15 RPE 6-7  | 3hrs45 |
| 25-Feb WEEK 11 | Rest | 1hr RPE 6-7     | 30min RPE 6-7 | 1hr (including 5 x 1km Repeats, with 2min Rest)                              | Rest | 50min<br>(with 40min RPE 8)   | 1hr45 RPE 6-7  | 5hrs05 |
| 4-Mar WEEK 12  | Rest | 1hr RPE 6-7     | 30min RPE 6-7 | 1hr (including 5km or 8km TT RPE = 8)  | Rest | 50min<br>(including 5 x 3min Hill Repeats – jog back down to recover) | 2hrs RPE 6-7   | 5hrs20 |
| 11-Mar WEEK 13 | Rest | 1hr RPE 6-7     | 30min RPE 6-7 | 1hr (including 6 x 1km Repeats, with 2min Rest)                              | Rest | 1hr (with 45min RPE 8)  | 2hrs15 RPE 6-7 | 5hrs45 |
| 18-Mar WEEK 14 | Rest | 1hr RPE 6-7     | 30min RPE 6-7 | 1hr (including 5km or 8km TT RPE 8)  | Rest | 1hr (including 5 x 3min Hill Repeats – jog back down to recover)      | 2hrs15 RPE 6-7 | 5hrs45 |
| 25-Mar WEEK 15 | Rest | 45 mins RPE 6-7 | 30min RPE 6-7 | 30min RPE 7  | Rest | 45min RPE 7   | 1hr15 RPE 6-7  | 3hrs45 |

|                   |      |                |   |                                     |   |   |               |        |
|-------------------|------|----------------|---|-------------------------------------|---|---|---------------|--------|
| 1-Apr<br>WEEK 16  | Rest | 1hr RPE 6-7    | 30mins RPE 6-7                                    | 1hr (including 5km or 8km TT RPE 8) | Rest  | 40min (including 8 x 400m Repeats, with 90sec Rest) | 1hr30 RPE 6-7 | 4hrs40 |
| 8-Apr<br>WEEK 17  | Rest | 30mins RPE 6-7 | 30min RPE 6-7                                     | 45min RPE 6-7                       | Rest  | 30min (with 20min RPE 8-9)                          | 1hr RPE 6-7   | 3hrs15 |
| 15-Apr<br>WEEK 18 | Rest | 30min RPE 7    | 35min (including 2 x 800m Repeats with 3min Rest) | Rest                                | 20mins (including 4 x 30sec Sprints with 2min Recovery) | <b>Two Oceans</b>                                   |               |        |

### TRAINING PACES (IN MINUTES)

| GOAL 21.1KM TIME | RACE PACE | LONG RUN PACE | TEMPO RUN PACE | 5KM TT PACE | 8KM TT PACE | 1KM REPEATS | 800M REPEATS   | 400M REPEATS   |
|------------------|-----------|---------------|----------------|-------------|-------------|-------------|----------------|----------------|
| <90min           | 4.16      | 4.45-5.15     | 4.00           | 3.45-4.05   | 3.55-4.15   | 3.40-3.55   | 2.50-3.05      | 1.20-1.30/400m |
| 1hr45            | 4.59      | 5.30-6.00     | 4.40-4.55      | 4.25-4.40   | 4.35-4.50   | 4.20-4.35   | 3.20-3.35/800m | 1.35-1.40/400m |
| 2hr              | 5.42      | 6.20-6.50     | 5.30-5.45      | 5.05-5.20   | 5.15-5.30   | 5.00-5.15   | 4.00-4.15/800m | 1.55-2.05/400m |
| 2hrs30           | 7.07      | 8.00-8.20     | 6.45-7.00      | 6.20-6.35   | 6.35-6.50   | 6.25-6.40   | 5.00-5.15/800m | 2.20-2.30/400m |
| <3hrs            | 8.33      | 9.10-9.40     | 8.05-8.15      | 7.40-7.55   | 7.55-8.10   | 7.45-8.00   | 6.00-6.15/800m | 2.50-3.00/400m |

### PREDICT YOUR 21.1KM TIME FROM YOUR BEST 10KM TIME

| 10KM PB  | PREDICTED 21KM TIME |
|----------|---------------------|
| < 40min  | < 90min             |
| 40-45min | 90min-1hr40         |
| 45-50min | 1hr40-1hr55         |
| 50-55min | 1hr55-2hrs05        |
| 55-60min | 2hrs05-2hrs15       |
| 60-65min | 2hrs15-2hrs25       |
| 65-70min | 2hrs25-2hrs35       |
| 70-75min | 2hrs35-2hrs45       |
| 75-80min | 2hrs45-3hrs         |

**DO THIS!**



### EXERCISE

#### BUILD MORE STRENGTH

Ho-tee, mo-tee, Holiday Inn... play 'Rapper's Delight' (come on, you know it) and try these in-room workouts - wherever holiday travels may take you.

#### Hotel Mini-Barre

Strength work is just as important as cardio, and these moves - designed by Becca Pace, a trainer for the Barre Harmony programme at Daily Burn - work your hips, hamstrings, and glutes while improving balance (key to a stable core). "For runners, that means fewer falls on mixed terrain," Pace says. And guys: this barre-inspired workout isn't just for women. "It's great for men, too, because it works stabiliser muscles that may be weak or tight - that happens regardless of gender," she adds. Grab a towel to get started.



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#### DO THIS

##### Plié Oblique Crunch

Stand with feet more than hip-width apart, toes pointed out. Extend arms to sides, palms forward. Lower into a plié squat, then bend left at the waist, bringing right arm toward ceiling and left hand behind calf. Return to centre; switch sides. **Do 4 reps.**

#### DO THIS

##### Second Position to Lunge

Stand with feet more than hip-width apart, toes pointed out. Extend arms to sides, palms forward. Lower into a plié squat. Lift halfway, pivot feet to the left (upper body follows), and lower into lunge. Lift halfway, pivot to front; switch sides. **Do 8 reps.**