

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
09-Dec WEEK 1	Rest	30min RPE 6-7	Rest	45min RPE 6-7	Rest	30min RPE 6-7	1hr RPE 6-7	2hrs45
16-Dec WEEK 2	Rest	40min RPE 6-8	Rest	45min RPE 6-7	Rest	30min RPE 6-7	1hr10 RPE 6-7	3hrs05
23-Dec WEEK 3	Rest	45min RPE 6-7	Rest	45min RPE 7-8 (Hilly Course)	Rest	40min (with 15min RPE 8)	1hr20 RPE 6-7	3hrs30
30-Dec 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
06-Jan WEEK 5	Rest	40min RPE 6-8	Rest	45min RPE 6-7	Rest	40min RPE 6-7	1hr RPE 6-7	3hrs05
13-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 (with 15min RPE 8)	1hr20 RPE 6-7	4hrs
20-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 (with 20min RPE 8)	1hr30 RPE 6-7	4hrs20
27-Jan 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 (with 30min RPE 8)	1hr40 RPE 6-7	4hrs45
03-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 (with 40min RPE 8-9)	1hr50 RPE 6-7	5hrs10
10-Feb WEEK 10	Rest	45min RPE 6-7	30min RPE 6-7	30min RPE 7	Rest	45min RPE 7	1hr15 RPE 6-7	3hrs45
17-Feb WEEK 11	Rest	1hr RPE 6-7	30min RPE 6-7	1hr (Including 5 x 1km Repeats, with 2min Rest)	Rest	50min (with 40min RPE 8)	1hr45 RPE 6-7	5hrs05
24-Feb WEEK 12	Rest	1hr RPE 6-7	30min RPE 6-7	1hr (including 5km or 8km TT RPE = 8)	Rest	50min (including 5 x 3min Hill Repeats – jog back down to recover)	2hrs RPE 6-7	5hrs20
02-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
09-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
16-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

23-Mar 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
30-Mar 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
6-Apr 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)	Two Oceans		

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-tele, mo-tele, 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.

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.**

