



12 Week Half Marathon Training Program - Advanced

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Training Days:		5		Goal:		PR		Sport:	Running
Level:		Advanced		Intensity:		Hard		Designer:	Scott Welle
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Phase	
1	40' Clearance Run	4 Miles Easy + 8 x strides	30' Clearance Run	5 Mile Foundation Run	Active Recovery	5 Mile Foundation Run	Rest	Base	
2	40' Clearance Run	4 Miles Easy + 8 x strides	30' Clearance Run	5 Mile Foundation Run	Active Recovery	6 Mile Foundation Run	Rest	Base	
3	30' Clearance Run	5 Miles Easy + 10 x strides	30' Clearance Run	5 Mile Foundation Run (hilly)	Active Recovery	6 Mile Foundation Run	Rest	Build	
4	40' Clearance Run	5 Miles Easy + 10 x strides	30' Clearance Run	6 Mile Foundation Run (hilly)	Active Recovery	7 Mile Foundation Run	Rest	Build	
5	40' Clearance Run	5 Miles Easy + 10 x strides	30' Clearance Run	6 Mile Foundation Run (hilly)	Active Recovery	8 Mile Foundation Run	Rest	Build	
6	40' Clearance Run	5 Miles Easy	30' Clearance Run	40' Clearance Run + 4 strides	Active Recovery	6 Mile Foundation Run	Rest	Stepback	
7	30' Clearance Run	4 x 800 w 2' RI	30' Clearance Run	6 Mile Foundation Run (hilly)	Active Recovery	9 Mile Foundation Run	Rest	Build II	
8	40' Clearance Run	5 x 800 w 2' RI	30' Clearance Run	7 Mile Foundation Run (hilly)	Active Recovery	10 Mile Foundation Run	Rest	Build II	

9	40' Clearance Run	6 x 800 w 2' RI	30' Clearance Run	7 Mile Foundation Run (hilly)	Active Recovery	12 Mile Foundation Run	Rest	Build II
10	40' Clearance Run	8 x 400 w 1:30 RI	30' Clearance Run	45' Clearance Run + 4 strides	Active Recovery	9 Mile (3 x 3) Progression	Rest	Peak
11	30' Clearance Run + 4 strides	6 Miles Easy + 8 x strides	30' Clearance Run	40' Clearance Run + 4 strides	Active Recovery	5 Mile Foundation Run	Rest	Taper
12	30' Clearance Run + 4 strides	4 Miles Easy + 8 x strides	30' Clearance Run	30' Clearance Run + 4 strides	Active Recovery	RACE DAY	Rest	Race

Notes:

- Start by doing an 800m time trial and plug the number into the Metabolics calculator at <http://runM5.com/metabolics> to determine Foundation, Progression and Interval Run pacing
- RI = Recovery Interval (jogging, not walking). 2' = 2 minutes.
- Strides are always done after the completion of a run
- Active Recovery can be anything non-impact and not taxing on the legs
- Foundation runs should be done mostly on flats...unless you are training for an extremely hilly race