



## Advanced Half Marathon Training Program

The Advanced Half Marathon Program is best suited for those who have been running at least 4-6 times per week for 5-8 miles for at least one year. If you are running less consider the Beginning or Intermediate Program.

<b>DAY MODE INTENSITY I-RATE SYSTEM HEART RATE</b>	<b>Monday Run +ST Easy Effort 6-7 65-75%</b>	<b>Tuesday Run-Speed Challenging 8-9 80-90%</b>	<b>Wednesday Cross-Training +ST Moderate Effort 7+ 70-80%</b>	<b>Thursday Run Moderate Effort 7+ 70-80%</b>	<b>Friday Run Easy Effort 6-7 65-75%</b>	<b>Saturday Run-Endurance Conversational Pace 6-7+ 65-75%</b>	<b>Sunday Rest Day</b>
<b>WEEK 1</b> March 04, 2012	60 minutes	50 minutes Easy Pace <i>Pickups</i>	30-40 minutes	45 minutes 4x Striders	45 minutes	8 miles	Rest
<b>WEEK 2</b> March 11, 2012	60 minutes	50 minutes Easy Pace <i>Pickups</i>	30-40 minutes	45 minutes 4x Striders	45 minutes	9 miles	Rest
<b>WEEK 3</b> March 18, 2012	60 minutes	50 minutes Easy Pace <i>Pickups</i>	30-40 minutes	50 minutes 4x Striders	45 minutes	10 miles	Rest
<b>WEEK 4</b> March 25, 2012	50 minutes	<i>*Speed A Workout</i> 6 Repeats	30-40 minutes	50 minutes 4x Striders	40 minutes	7 miles [Race Pace Run]	Rest
<b>WEEK 5</b> April 01, 2012	60 minutes	<i>*Speed A Workout</i> 7 Repeats	40-45 minutes	50 minutes 4x Striders	45 minutes	11 miles	Rest
<b>WEEK 6</b> April 08, 2012	60 minutes	<i>*Speed B Workout</i> 5 Repeats	40-45 minutes	50 minutes 4x Striders	45 minutes	12 miles	Rest
<b>WEEK 7</b> April 15, 2012	50 minutes	<i>*Speed B Workout</i> 6 Repeats	40-45 minutes	50 minutes 4x Striders	40 minutes	8 miles [Race Pace Run]	Rest
<b>WEEK 8</b> April 22, 2012	60 minutes	<i>*Speed C Workout</i> 4 Repeats	40-45 minutes	60 minutes 4x Striders	45 minutes	13 miles	Rest
<b>WEEK 9</b> April 29, 2012	60 minutes	<i>*Speed C Workout</i> 4 Repeats	40-45 minutes	60 minutes 4x Striders	45 minutes	14 miles	Rest

<b>WEEK 10</b> May 06, 2012	50 minutes	*Speed C Workout 5 Repeats	40-45 minutes	50 minutes 4x Striders	45 minutes	8 miles [Race Pace Run]	Rest
<b>WEEK 11</b> May 13, 2012	60 minutes	*Speed D Workout 25 minute Tempo	40-45 minutes	60 minutes 4x Striders	45 minutes	15 miles	Rest
<b>WEEK 12</b> May 20, 2012	50 minutes	*Speed D Workout 30 minute Tempo	40-45 minutes	50 minutes 4x Striders	45 minutes	10 miles [Race Pace Run]	Rest
<b>WEEK 13</b> May 27, 2012	45 minutes	*Speed D Workout 30 minute Tempo	40 minutes	40 minutes 4x Striders	40 minutes	7 miles	Rest
<b>WEEK 14</b> June 03, 2012	40 minutes	30 minutes Pickups	Rest	30 minutes	Rest	<b>Hospital Hill Run Half Marathon</b>	Rest
Recovery Week 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	5 miles	Rest
Recovery Week 2	30 minutes	40 minutes	Cross-Train 30 min	40 minutes	Rest	6 miles	Rest
Recovery Week 3	40 minutes	40 minutes	Cross-Train 40 min	40 minutes	30 minutes	7 miles	Rest
Recovery Week 4	45 minutes	50 minutes	Cross-Train 40 min	40 minutes	35 minutes	8 miles	Rest

**Warm-up:** walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.  
**Cool-down:** walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.