



## Half Marathon Training Plan – Advanced (sub 1:45)

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>1</b>	Off or Cross-Train	2 mile Warmup, 14 x 400 meters @ 7:20 - 7:25 pace w/30 sec rest, 1 mile Cool Down	6 miles easy at 9:05 to 10:10	2 mile Warmup, 5 mile cutdown (8:25, 8:15, 8:05, 7:55, 7:45 - no rest), 1 mile Cool Down	Off or Cross-Train	6 miles easy (9:05 to 10:10 pace) w/4 x 20 sec strides after run	12 mile long run –Easy (9:05 - 10:10 pace)
<b>2</b>	Off or Cross-Train	6 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	2 mile Warmup, 3 x 2 miles @ 7:45 to 7:55 pace w/3 min rest, 1 mile Cool Down	5 miles Easy (9:05 to 10:10 pace)	6 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	1 mile Easy, 4 miles steady (8:05 to 8:35), 1 mile easy	14 mile long run (9:05 – 10:10 pace) w/miles 10-13 (3 miles) @ 8:00 pace or faster
<b>3</b>	Off or Cross-Train	2 mile Warmup, 5 x 1 mile @ 7:25 to 7:35 w/ 60 sec rest, 1 mile c/d	7 miles Easy (9:05 to 10:10 pace)	2 mile Warmup, 5 miles @ 8:00 to 8:10 pace, 1 mile Cool Down	Off or Cross-Train	6 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	12-mile long run Easy (9:05 - 10:10 pace)
<b>4</b>	Off or Cross-Train	7 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	2 mile Warmup, 6 miles @ (8:00, 7:40, 8:00, 7:40) 8:00, 7:40), 1 mile Cool Down	6 miles Easy (9:05 to 10:10 pace)	8 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	1 mile Easy, 6 miles Steady (8:05 to 8:35 pace), 1 mile easy	14-mile long w/ 5 x 60 sec surges @ 7:15 pace w/ 5 min Easy btwn starting at mile 10
<b>5</b>	Off or Cross-Train	2 mile Warmup, 10 x 800 meters @ 7:30 to 7:35 pace w/200 meters jogging between, 2 mile Cool Down	8 miles Easy (9:05 to 10:10 pace)	2 mile Warmup, 5 x 1.5 miles @ 7:35 to 7:45 pace w/ 2 min rest, 1 mile Cool Down	Off or Cross-Train	6 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	12-mile long run - Easy (9:05 - 10:10 pace)
<b>6</b>	Off or Cross-Train	8 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	2 mile Warmup, 3 x 2 miles @ 7:30 to 7:35 pace w/ 2 min rest, 2 mile Cool Down	6 miles Easy (9:05 to 10:10 pace)	8 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	1 mile Easy, 6 miles Steady (8:05 to 8:35 pace), 1 mile Easy	16-mile long run w/miles 12-15 (3 miles) @ 8:00 pace or faster
<b>7</b>	Off or Cross-Train	2 mile Warmup, 5 x 1 mile @ 7:30 to 7:35 pace w/ 45 sec rest, 1 x 800 meters fast, 2 mile Cool Down	8 miles Easy (9:05 to 10:10 pace)	2 mile Warmup, 2 x 3 miles @ 7:45 to 7:55 pace w/ 4 min rest, 1 mile Cool Down	Off or Cross-Train	6 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	12 mile long run Easy (9:05 to 10:10 pace)

<b>8</b>	Off or Cross-Train	8 miles Easy (9:05 to 10:10 pace) w/ 4 x 20 sec strides after run	2 mile Warmup, 5 x 1.5 miles @ 7:50 to 8:00 pace w/ 2 min quick jog (8:55 pace) rest, 1 mile Cool Down	6 miles Easy (9:05 - 10:10 pace)	8 miles Easy (9:05 - 10:10 pace w/ 4 x 20 sec strides after run	1 mile Easy, 7 miles Steady (8:05 to 8:35 pace), 1 mile Easy	16 mile long w/ 5 x 90 sec surges @ 7:15 pace w/ 5 min Easy btwn starting at mile 10
<b>9</b>	Off or Cross-Train	3 mile Warmup, 8 x (30 sec uphill @ 6:25 effort w/jog down rest, 75 sec uphill @ 7:15 effort, walk down rest), 2 mile Cool Down	8 miles easy at 9:05 to 10:10	2 mile Warmup, 8 mile cutdown (8:45, 8:35, 8:25, 8:15, 8:05, 7:55, 7:45, fast as you can from here, - No rest), 1 mile Cool Down	Off or Cross-Train	6 miles easy at 9:05 to 10:10 w/4 x 20 sec strides	12 mile long run - all easy pace (9:05 to 10:10)
<b>10</b>	Off or Cross-Train	8 miles easy at 9:05 to 10:10 w/4 x 20 sec strides	2 mile Warmup, 2 miles @ 8:00 pace, 1 mile @ 7:05, 2 miles @ 8:00, 800 meters @ 3:30, 2 miles @ 8:00, 400 meters @ 1:45 – No rest, 1 mile Cool Down	6 miles easy at 9:05 to 10:10	8 miles easy at 9:05 to 10:10 w/4 x 20 sec strides	1 mile easy, 7 miles steady pace (8:05 to 8:35), 1 mile easy	16 mile long w/7 x 90 sec surges @ 7:15 pace w/5 min easy btwn starting at mile 10
<b>11</b>	Off or Cross-Train	1 mile Warmup, 3 x 3 miles @ 8:00 to 8:05 pace w/3 min rest, 1 mile Cool Down	8 miles easy at 9:05 to 10:10	2 mile Warmup, 3 miles @ 8:00 to 8:10 pace, 2 mile Cool Down	Off or Cross-Train	6 miles easy at 9:05 to 10:10 w/4 x 20 sec strides	10 mile long run - all easy pace (9:05 to 10:10)
<b>12</b>	Off or Cross-Train	3 mile Warmup, 2 x 1 mile @ 7:00 to 7:10 pace w/4min rest, 2 x 400 at 1:35 to 1:40 w/3min rest, 2 mile Cool Down	6 miles easy at 9:05 to 10:10	Off - rest day	4 miles easy at 9:05 to 10:10 w/4 x 20 sec strides	15 mins easy	<b>RACE</b>

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