

Hal Higdon's

Half Marathon Training Program

Half Marathon Training: Advanced							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m run + strength	6 x hill	3 m run + strength	40 min tempo	Rest	3 m run	90 min run (3/1)
2	3 m run + strength	7 x 400 5-K pace	3 m run + strength	45 min tempo	Rest	3 m pace	90 min run
3	3 m run + strength	7 x hill	3 m run + strength	30 min tempo	Rest or easy run	Rest	5-K Race
4	3 m run + strength	8 x 400 5-K pace	3 m run + strength	40 min tempo	Rest	3 m run	90 min run (3/1)
5	3 m run + strength	8 x hill	3 m run + strength	45 min tempo	Rest	3 m pace	90 min run
6	3 m run + strength	6 x 400 5-K pace	3 m run + strength	30 min tempo	Rest or easy run	Rest	10-K Race
7	3 m run + strength	4 x 800 10-K pace	3 m run + strength	45 min tempo	Rest	4 m pace	1:45 run (3/1)
8	3 m run + strength	3 x 1600 Race pace	3 m run + strength	50 min tempo	Rest	5 m pace	1:45 run
9	3 m run + strength	5 x 800 10-K pace	3 m run + strength	30 min tempo	Rest or easy run	Rest	15-K Race
10	3 m run + strength	4 x 1600 Race pace	3 m run + strength	55 min tempo	Rest	5m pace	2:00 run (3/1)
11	3 m run + strength	6 x 800 10-K pace	3 m run + strength	60 min tempo	Rest	3 m pace	2:00 run
12	3 m run + strength	6 x 400 5-K pace	2 m run + strength	30 min tempo	Rest or easy run	Rest	Half Marathon