

# HALF MARATHON TRAINING PLAN

## ADVANCED



## BEFORE YOU BEGIN....

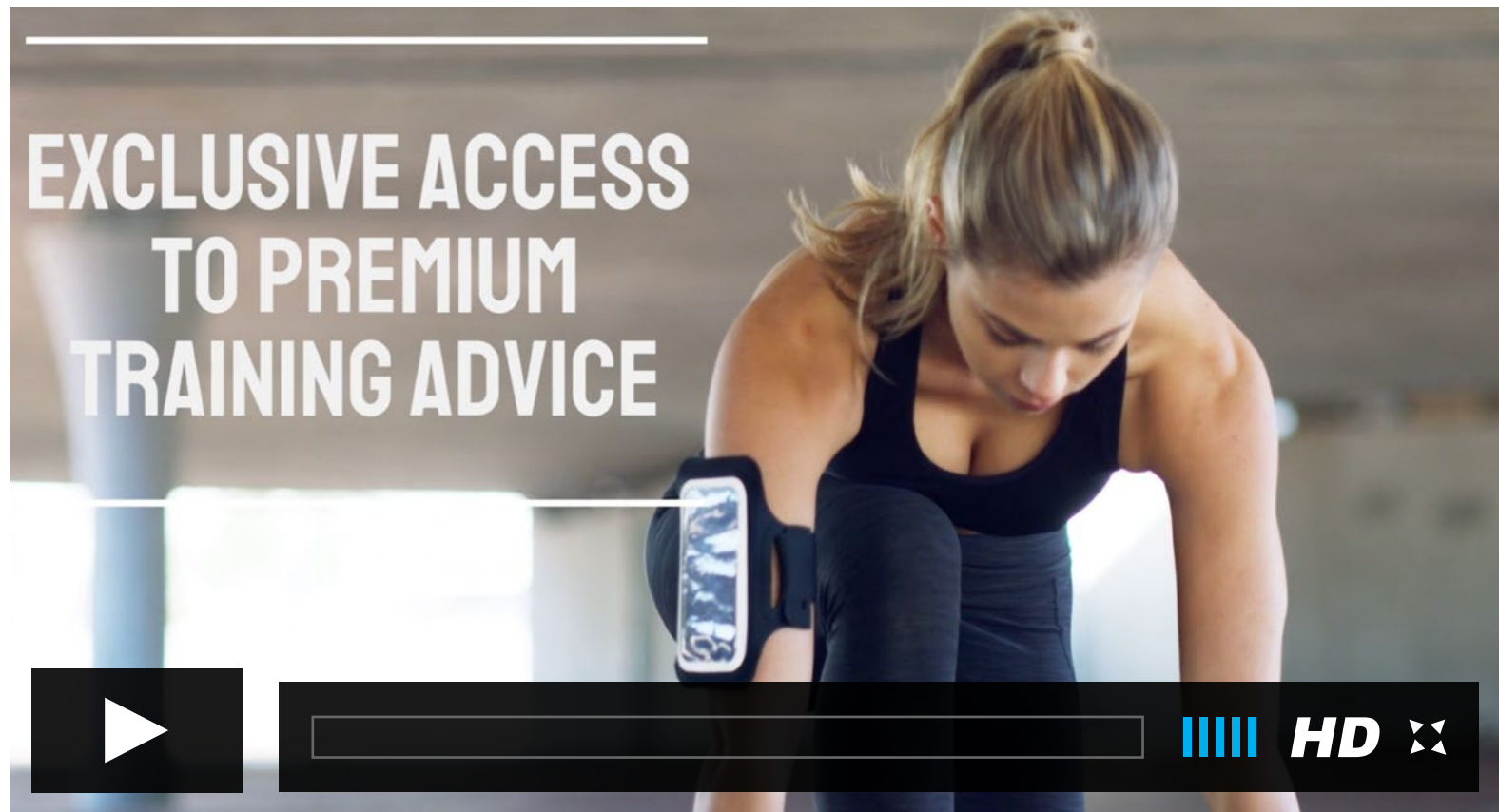
### Explanation of Training Session Terms:

- **Easy Run** - This is a really gentle jog that is not taxing at all. It's a really gentle pace and one which should be done with a very relaxed mindset.  
*RPE Scale - 3-4*
- **Steady Run** - This is the pace the majority of your runs should be run at. It's a "comfortable pace" and a pace which you feel you can run for a long period of time. You should just about be able to count to 10 in one breath whilst running at this pace and you should certainly be able to hold a conversation with someone.  
*RPE Scale - 4-5*
- **Tempo Run** - This pace is a notch up from a steady pace and should feel that much more of an effort. Initially, you will only be able to hold this pace for a mile or 2, but this will increase to 8-10 miles over time.  
*RPE Scale - 6-7*
- **Fartlek** - Predominantly an easy or steady run, but with randomised fast intervals thrown in every now and again. Include as many intervals as you like - as often, as far and as fast as you wish.  
*RPE Scale - 3-8 (8 being max intensity of "fartlek" segment)*
- **Cross Train** - Any other cardiovascular activity that is NOT running. Common forms of cross training include cycling, rowing & swimming.
- **Intervals** - Structured and high intensity running intervals with a set period of rest. Popular intervals include:
  - *4 x 1 mile or 1km intervals - with 4-5 mins \*rest in-between intervals.*
  - *8 x 800m intervals - with 3 mins \*rest in-between intervals.**RPE Scale - 2-9 (9 being max intensity of "interval")*  
*\*It's ok to just walk during your rest period.*

### RATE OF PERCEIVED EXERTION (RPE) SCALE.

| R.P.E SCALE | HOW YOU FEEL                                                                        | %HR MAX |
|-------------|-------------------------------------------------------------------------------------|---------|
| 1           | Chilling. Sitting down, feet up watching a movie.                                   | 30-40%  |
| 2           | A steady walking pace.                                                              | 45-55%  |
| 3           | A light jog.                                                                        | 60-70%  |
| 4           | A perfect sociable pace. Quicker than a jog but able to have a chat.                | 70-75%  |
| 5           | Pretty comfortable. Got a good sweat on and you feel great.                         | 75-80%  |
| 6           | Comfortable -ish. You feel like it's good paced run.                                | 80-85%  |
| 7           | Talking getting difficult. Possible - but not very easy.                            | 85-90%  |
| 8           | Only short answers to important questions possible.                                 | 90-95%  |
| 9           | Talking all but impossible.                                                         | 95%+    |
| 10          | Talking is impossible. You can only keep this intensity up for 10-15 seconds or so. | N/A     |

| WEEK | Day 1              | Day 2                         | Day 3                    | Day 4                     | Day 5                         | Day 6 | Day 7              |
|------|--------------------|-------------------------------|--------------------------|---------------------------|-------------------------------|-------|--------------------|
| 1    | 4-5 miles steady   | 3-4 miles Tempo               | 4 miles steady / rest    | 3 x 1 miles - 5 mins rest | Cross train / 5 miles steady  | Rest  | 4-5 miles steady   |
| 2    | 4-5 miles steady   | 4 miles Fartlek               | 4 miles steady / rest    | 3 x 1 miles - 5 mins rest | 3-4 miles Tempo               | Rest  | 4-5 miles steady   |
| 3    | Cross train / Rest | 4 miles Fartlek               | Rest or 4 miles          | 4 x 1 miles - 5 mins rest | 3-4 miles Tempo               | Rest  | 5-6 miles steady   |
| 4    | Cross train / Rest | 4-5 miles Fartlek             | Rest or 5-6 miles steady | 6x800 4 min rest          | 4-5 miles Tempo / Cross train | Rest  | 6-7 miles steady   |
| 5    | Cross train / Rest | 4-5 miles Fartlek             | Rest or 5-6 miles steady | 6x800 4 min rest          | 4-5 miles Tempo / Cross train | Rest  | 7-8 miles steady   |
| 6    | Cross train / Rest | 4-5 miles Fartlek             | Rest or 5-6 miles steady | 6-7x800 4 min rest        | 5-6 miles Tempo / Cross train | Rest  | 8-9 miles steady   |
| 7    | Cross train / Rest | 5-6 miles Fartlek             | Rest or 4 miles steady   | 8x800 4 min rest          | 4-5 miles Tempo / Cross train | Rest  | 10-12 miles steady |
| 8    | Cross train / Rest | 5-6 miles Fartlek             | Rest or 5 miles steady   | 8x800 4 min rest          | 5-6 miles Tempo               | Rest  | 12-13 miles steady |
| 9    | Cross train / Rest | 5 miles steady or cross train | Rest or 5 miles steady   | 8x800 4 min rest          | 6-7 miles Tempo               | Rest  | 8-10 miles steady  |
| 10   | Cross train / Rest | 3-4 miles steady              | Rest                     | 3-4 miles Fartlek         | 2-3 miles slow or rest        | Rest  | RACE DAY           |



### LOGIN AND LEARN

The [GH Training Video & Tutorial Library](#) is the perfect compliment to this plan.

Featuring a wide range of nutrition, training and injury prevention videos and vlogs, the library is there to help you get the most out of training.

Access is **free** - so if you don't know your login code, ask your Organisation for the details.

## Key points on how to use the Advanced timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll only make it worse. If an injury persists, seek professional advice.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

## Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.
- Average Heart Rate (if you have a Heart Rate Monitor)

# TRAINING DIARY

| DATE | DISTANCE RUN | NOTES |
|------|--------------|-------|
|      |              |       |
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|------|--------------|-------|
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