



12 Week Half Marathon Training Plan *Advanced*



COASTSPORT
PHYSIO + SPORTS MEDICINE

ADVANCED HALF MARATHON TRAINING PLAN

This program is designed for advanced level runners who are wanting to up their game or PB in their next half marathon. The program is a guide - so make sure you adapt the distances and sessions to suit your needs.

RUN - The runs on Mondays and Wednesdays should be at a comfortable speed, but you should also aim to challenge yourself as you get more comfortable with the distances. A good base to go off is between 65% to 70% of your maximum heart rate.

LONG RUN - The long runs scheduled in this program on Saturdays are meant to be runs at a comfortable pace, designed to build endurance.

TIME - The timed runs are designed to give you an idea of your fitness level, pace and how you are progressing. They aren't essential, but can give you a good idea as to where you are at!

TEMPO - Tempo runs are designed to have a gradual build up in pace throughout the run. You can make it as hard or as easy as you want, and can choose to increase your pace every 2 minutes, or every km. Tempo runs should start out easy, before building up, and dropping back down at the end to cool down.

SPRINTS - In this program there are both sprints and hill sprints. The idea of sprints is to push yourself, before allowing yourself to recover before the next sprint. Sprints and hill sprints work to develop speed.

PACE - The pace runs are designed to be run at your 'ideal' half marathon race pace. So if you want to run your half marathon in 2 hours, your pace runs should be run at the pace required to do so.

STRENGTH - Gym based strength training (Preferably). This should include exercises such as squats and lunges, as well as core work. If you do not have a gym available to you, you can adapt gym-based exercises to work at home.

ACTIVE REST + STRETCH - Active rest can include light walking or activities such as yoga but should not involve any strenuous activity. Aim for at least a 30 min stretch session. Note: You should be stretching after every session!

REST - No exercise or active rest if you see fit. Make sure you take these days seriously. Your muscles need time to recover so make sure you take these days as seriously as you take the running days.

Disclaimer: Always consult with a professional before starting a new exercise program. This information is intended for informational purposes only. We recommend booking an appointment at Coast Sport to get tailored advice.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Tempo 30min	Strength	Intervals 6 x 400m	Rest	Run 5km + Strength	Long Run 12km	Active rest + stretch	25.4km
2	Pace 5km	Strength	Hill 8 x 100m	Rest	Run 5km + Strength	Time 10km	Active rest + stretch	28km
3	Tempo 40min	Strength	Intervals 10 x 200m	Rest	Run 5km + Strength	Long Run 14km	Active rest + stretch	27km
4	Pace 8km	Strength	Intervals 4 x 800m	Rest	Run 4km + Strength	Long Run 16km	Active rest + stretch	31.2km
5	Tempo 30min	Strength	Hill 6 x 200m	Rest	Run 5km + Strength	Long Run 12km	Active rest + stretch	24.2km
6	Pace 10km	Strength	Rest	Intervals 12 x 200m	Rest	Time 15km	Active rest + stretch	27.4km
7	Tempo 50min	Strength	Intervals 5 x 800m	Rest	Run 5km + Strength	Long Run 16km	Active rest + stretch	27km
8	Pace 12km	Strength	Hill 8 x 200m	Rest	Run 5km + Strength	Long Run 18km	Active rest + stretch	31.6km
9	Tempo 30min	Strength	Intervals 4 x 1km	Rest	Strength	Long run 20km	Active rest + stretch	30km
10	Pace 15km	Strength	Rest	Intervals 8 x 400m	Rest	Time 18km	Active rest + stretch	36.2km
11	Pace 10km	Strength	Tempo 45min	Rest	Run 5km + Strength	Long Run 16km	Active rest + stretch	33km
12	Tempo 10km	Rest	Run 6km	Rest	Run 5km	Rest	Active rest + stretch	21km

Note: Kilometre totals have been estimated for tempo runs of a runner who does approx 5min/km.