

HALF MARATHON- ADVANCED

Your goal: Improve your speed over 13 miles.

Prerequisite: You've completed an advanced 10K schedule, a beginning half-marathon schedule or you've been running 4-5 times per week for at least 6 weeks.

Schedule: 5-6 times per week for 15 weeks

*All minute repeats should include equal minute recovery before starting the next interval unless stated otherwise

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	total miles
week 1	3 miles: easy run	5 miles: easy run	Rest	6 miles: *4x4 min @ RPE** 3-5 or 4x800m @ 10k race pace	Rest	9 miles: easy run	3 miles: easy run	26
week 2	4 miles: easy run	6-7 miles: easy run w/hills	4 miles: easy run	Rest	6 miles: *4x6 min @ RPE** 3-6	Rest	10 miles: easy run	28
week 3	Rest	6 miles: 15 min steady @ RPE** 3-5	4 miles: easy run	6 miles: 6x200m hill runs @ moderate pace. Walk/Jog in between 200m	Rest	4 miles: easy run	11 miles: easy run	31
week 4	4 miles: easy run	Rest	7 miles: 2x2 miles @ half marathon goal race pace	Rest	6 miles: easy run	12 miles: easy run	4 miles: easy run	33
week 5	6 miles: easy run	Rest	7 miles: 20-25 min steady @ RPE** 3-5	Rest	6 miles: easy run w/hills	4 miles: easy run	13 miles: easy run	36
week 6	Rest	7 miles: 2x2 miles @ half marathon goal race pace	3 miles: easy run	7 miles: 6x200m hill runs @ moderate pace. Walk/Jog in between 200m	Rest	5 miles: easy run	10 miles: 6 miles @ RPE** 3-5	32

Always consult with your physician before beginning any new exercise regime or training schedule.

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday	total miles
week 7 (rest wk)	Rest	5 miles: 3x800m @ 10k race pace or *4x3 min @ RPE** 3-5	Rest	4 miles: easy run	Rest	3 miles: easy run	13 miles or 10k Race	25
week 8	4 miles: easy run	6 miles: 4x200m @ 5k race pace, 3-4x1600m @ 10k race pace	Rest	7 miles: easy run w/hills	4 miles: easy run	Rest	15 miles: easy run	36
week 9	Rest	8 miles: *4x6 min @ RPE** 4-5	4 miles: easy run	6 miles: easy run	4 miles: easy run	10 miles: 5 miles @ 1/2 marathon goal race pace	Rest	32
week 10	4 miles: easy run	8 miles: 4-5x1600m @ 10k race pace	4 miles: easy run	8 miles: 5 miles @ RPE** 3-4	Rest	16 miles: easy run	Rest	40
week 11	4 miles: easy run	8 miles: 5 miles @ RPE** 3-5	4 miles: easy run	Rest	7 miles: 8x200m hill repeats @ moderate pace. Walk/Jog in between 200m	Rest	12 miles: 7 miles @ 1/2 marathon goal race pace	35
week 12	4 miles: easy run	8 miles: 4-6x200m @ 5k race pace, 4-5x1600m @ 10k race pace	4 miles: easy run	6 miles: 3 miles @ RPE** 4-5	Rest	14 miles: easy run	4 miles: easy run	40

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday	total miles
week 13	4 miles: easy run	7 miles: easy run	Rest	9 miles: *8x2 min @ RPE** 4-5	6 miles: easy run	Rest	14 miles: 8 miles @ 1/2 marathon goal race pace	40
week 14	4 miles: easy run	4 miles: easy run	7 miles: 4x200 @ 5k race pace, 5x1600 @ 10k race pace	4 miles: easy run	Rest	10 miles: easy run	4 miles: easy run	33
week 15	4 miles: easy run	6 miles: 4x800m @ 1/2 marathon goal race pace, 6x200m @ 5k race pace	4 miles: easy run	4 miles: easy run w/6x30 sec strides	Rest	2 miles: easy run	Half Marathon	33

RPE (PERCEIVED EFFORT SCALE)**

To reap the most cardiovascular benefits from your workout, it's important to gauge the intensity of different activity. The Perceived Effort Scale is a system developed to effectively communicate your response to a specific training session or race challenge. It's based on your feeling of physical stress and it matches that feeling to a numbered scale.

For example, if a hypothetical plan calls for you to run 5 miles with 4 x 2 minutes at an RPE of 3 to 4, that means warm up for 10 minutes and then slowly build your speed until you begin to feel your breathing get deeper. Hold this feeling for 2 minutes and then slow down and run easy for another 5 minutes and repeat. Anyone can use RPE to effectively gauge exercise intensity.

RPE	Degree of Challenge	Rate of Breathing	Ability to Breathe
1.0	very light		
2.0	light	very easy	very comfortable
3.0	moderate	comfortable	easy / moderate
4.0	somewhat strong	steady rhythm	somewhat difficult
5.0	strong	deep but steady	difficult
6.0	strong to very strong		difficult to very difficult
7.0	very strong	deep and rapid	very difficult
8.0	very very strong	very deep and rapid	extremely difficult
9.0	near maximum	nearly breathless	almost impossible
10.0	maximum	breathlessness	impossible

The Modified Borg-Noble Intensity Scale, from *The 10-Minute L.E.A.P.*, Regan Press, 1998, P.28