

ADVANCED 10-WEEK HALF MARATHON TRAINING PLAN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 miles - Flex	5 miles - Tempo Run	4 miles - Reg Run	5 miles - Reg Run	4 miles - AYF	4 miles - Reg Run	7 miles - Long Run
2	3 miles - Flex	5 miles - AYF	4 miles - Reg Run	6 miles - Intervals	4 miles - Reg Run	5 miles - Reg Run	8 miles - Long Run
3	4 miles - Flex	5 miles - Fartlek	4 miles - Reg Run	4 miles - Reg Run	Off	4 miles - Reg Run	9 miles - Long Run
4	3 miles - Flex	5 miles - Reg Run	5 miles - Reg Run	7 miles - Intervals	3 miles - Easy	5 miles - Reg Run	10 miles - Long Run
5	4 miles - Flex	6 miles - Reg Run	4 miles - Reg Run	8 miles - Intervals	3 miles - Easy	4 miles - Reg Run	9 miles - Long Run
6	3 miles - Flex	6 miles - Intervals	6 miles - Reg Run	4 miles - Easy	Off	5 miles - Reg Run	11 miles - Long Run
7	4 miles - Flex	6 miles - Reg Run	5 miles - AYF	7 miles - Tempo Run	5 miles - Easy	5 miles - Reg Run	12 miles - Long Run
8	4 miles - Flex	6 miles - Fartlek	5 miles - Reg Run	5 miles - AYF	Off	5 miles - Reg Run	10 miles - Long Run
9	4 miles - Flex	6 miles - Tempo Run	4 miles - Reg Run	5 miles - Reg Run	Off	5 miles - Reg Run	7 miles - Long Run
10	Off	5 miles - Intervals	3 miles - Reg Run	4 miles - Reg Run	3 miles - Reg Run	3 miles - Flex	13.1 - RACE

RUNNING TERMS

FLEX DAY: The best day of the week to substitute your run with a crosstraining session or a day off.

REGULAR RUN (Reg Run): A run performed at a comfortable, not-too-hard pace.

EASY RUN: A recovery run during which you focus on running slowly.

AS YOU FEEL (AYF): For these runs, leave your watch and your cares behind. Run for the fun of it, not because you're training. Run as fast—or as slow—as you like.

FARTLEK: Swedish for "speed play." Fartlek workouts involve running at different speeds for varying periods--good preparation for "shifting gears" in a race.

INTERVALS: Running short (usually between 200 and 1600 meters), fast repeats with recovery jogs in between. Interval training builds speed and endurance.

TEMPO RUN: A training run (usually 20 to 30 minutes) at a pace slightly slower than 10K race pace.

LONG RUN: The most important workout of the week for distance runners. Long runs build both strength and confidence.

OFF: Don't run, don't swim, don't get on your bike. Rest and recover!