

RUN THE WORLD

Physical Therapy & Performance



HALF MARATHON ADVANCED TRAINING PLAN

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	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
W1	3 miles	6 miles Lift	4 miles	6 miles Lift	4 miles	3 miles	10 miles Lift	36
W2	3 miles	Fartlek (6 Miles) Lift	4 miles	7 miles Lift	4 miles	3 miles	10 miles Lift	37
W3	3 miles	6-7 hills (5k- 10k pace) Lift	4 miles	7 miles Lift	4 miles	3 miles	12 miles Lift	39
W4	3 miles	6-7 long hills (5k-10k pace) Lift	4 miles	10 miles Lift	4 miles	3 miles	10 miles Lift	40
W5	3 miles	8x800s (5k- 10k pace) Lift	4 miles	8 miles Lift	4 miles	3 miles	12 miles Lift	40
W6	Rest	4xmiles (5k- 10k pace) Lift	4 miles	10 miles Lift	6 miles	3 miles	10 miles Lift	39

MONTH:

This program contains some speed workouts, A few quick notes on how speedwork is described here:

- The distance in parentheses below fartlek runs includes a mile each of warm-up and warm-down, in addition to your fartlek sessions.
- Whenever you see a pace denoted as 5K pace or 10K pace, this refers to the speed at which you estimate you could run a 5K or 10K on that given day.
- When you read "4-5 hills," that means you should do 4-5 repeats at 5K pace on a hill about 150 or 200 meters long. Long hills should be 400-600 meters long. If you find it too tedious to run repeats on a single hill, you can also find a route that incorporates the same number of hills, as long as the route is not very long.
- When you read the notation "4 x 800s," that means you should run four repeats of 800 meters each (two laps on the track). The pace below tells you how fast you should run them. For 800s, give yourself 2 minutes of rest between intervals; for 400s, give yourself 1-2 minutes.

Pre-training schedule, you should be able to run this schedule for four to five weeks without much discomfort before starting the 5K program. If not, give yourself some time to build up to that level gradually.

Monday 3miles Tuesday 6miles Wednesday 4 miles Thursday 6 miles Friday 4 miles Saturday 3 miles Sunday 8 miles



	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
W7	3 miles	10x800s (5k-10k pace) Lift	4 miles	9 miles Lift	5 miles	3 miles	13 miles Lift	44
W8	Rest	5xmiles (5k-10k pace) Lift	5 miles	10 miles Lift	7 miles	3 miles	10k race or 12miles Lift if not race	45
W9	3 miles	10x800s (5k-10k pace) Lift	4 miles	9 miles Lift	6 miles	3 miles	15 miles Lift	47
W10	Rest	10x800s (5k-10k pace) Lift	5 miles	10 miles Lift	7 miles	3 miles	15 miles Lift	47
W11	3 miles	8 miles Lift	4 miles	8 miles Lift	6 miles	3 miles	10 miles Lift	42
W12	Rest	6 miles	5 miles	8 miles	5 miles	Race or 3 miles	Race	40

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TERMINOLOGY



Fartlek- A workout that mixes in intervals of varying duration or distance. Examples: 1 minute hard, 1 minute easy, 2 minute hard, 1 minute easy, 3 minute hard, 2 minute rest; repeat 1-4 times until you meet the mileage goals.

Hill Repeats- Hill repeats are repeated short segments of hard uphill running. They increase aerobic power, high-intensity fatigue resistance, pain tolerance, and run-specific strength. They ideal hill on which to run hill repeats features a steady, moderate gradient of 4 to 6 percent.

Track Work- Running set distances on a standard 400 meter track. Intervals can range from 200 meters up to 2 miles. These are great workouts designed to be used to build strength and sharpen speed.

DISCLAIMER



The information presented here is in no way intended as medical advice or to serve as a substitute for medical treatment. The information should be used only if deemed healthy enough to participate in vigorous physical activity by a medical provider. Please contact your physician or other health care provider for consent to participate.

By accepting this training program you recognize that despite all precautions on the part of Run the World Physical Therapy & Performance, there are risks of injury and/or illness which can occur while using our training plans and information. While using, you assume all risks and waive, relinquish, and release any claim which you may have against Run the World Physical Therapy & Performance as a result of any future physical injury or illness sustained in connection with or as a result of the use or misuse of this program.

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