CoachJenny.com

HALF MARATHON ADVANCED RUN

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run +ST	Run-Speed	Cross-Training +ST	Run	Run	Run-Endurance	Rest Day
INTENSITY	Easy Effort	Challenging	Moderate Effort	Moderate Effort	Easy Effort	Conversational Pace	
i-RATE SCALE	6 - 7	8 - 9	7+	7+	6 - 7	6 - 7+	
HEART RATE	65 - 75%	80 - 90%	70 - 80%	70 - 80%	65 - 75%	70 - 75%	
WEEK 1	45 minutes	50 minutes Easy Pace - Pickups	30-40 minutes	45 minutes 4x Striders	45 minutes	8 miles	Rest
WEEK 2	45 minutes	50 minutes Easy Pace - Pickups	30-40 minutes	45 minutes 4x Striders	45 minutes	9 miles	Rest
WEEK 3	45 minutes	50 minutes Easy Pace - Pickups	30-40 minutes	50 minutes 4x Striders	45 minutes	10 miles	Rest
WEEK 4	45 minutes	*Speed A Workout 6 Repeats	30-40 minutes	50 minutes 4x Striders	40 minutes	7 miles [Race Pace Run]	Rest
WEEK 5	50 minutes	*Speed A Workout 7 Repeats	40-45 minutes	50 minutes 4x Striders	45 minutes	11 miles	Rest
WEEK 6	50 minutes	*Speed B Workout 5 Repeats	40-45 minutes	50 minutes 4x Striders	45 minutes	12 miles	Rest
WEEK 7	45 minutes	*Speed B Workout 6 Repeats	40-45 minutes	50 minutes 4x Striders	40 minutes	8 miles [Race Pace Run]	Rest
WEEK 8	50 minutes	*Speed C Workout 4 Repeats	40-45 minutes	60 minutes 4x Striders	45 minutes	13 miles	Rest
WEEK 9	50 minutes	*Speed C Workout 4 Repeats	40-45 minutes	60 minutes 4x Striders	45 minutes	14 miles	Rest
WEEK 10	45 minutes	*Speed C Workout 5 Repeats	40-45 minutes	50 minutes 4x Striders	40 minutes	8 miles [Race Pace Run]	Rest
WEEK 11	50 minutes	*Speed D Workout 25 minute Tempo	40-45 minutes	60 minutes 4x Striders	45 minutes	15 miles	Rest
WEEK 12	45 minutes	*Speed D Workout 30 minute Tempo	40-45 minutes	50 minutes 4x Striders	45 minutes	10 miles [Race Pace Run]	Rest
WEEK 13	40 minutes	*Speed D Workout 30 minute Tempo	40 minutes	40 minutes 4x Striders	40 minutes	7 miles	Rest
WEEK 14	40 minutes	30 minutes Pickups	Rest	30 minutes	Rest	15-20 minutes	**Race Day**
RECOVERY WEEK 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	Rest	Rest
RECOVERY WEEK 2	30 minutes	40 minutes	Cross-Train 30 min	40 minutes	Rest	Rest	Rest
RECOVERY WEEK 3	40 minutes	40 minutes	Cross-Train 40 min	40 minutes	30 minutes	Rest	Rest
RECOVERY WEEK 4	45 minutes	50 minutes	Cross-Train 40 min	40 minutes	35 minutes	Rest	Rest