



Half Marathon Training Plan

Advanced Plan

St John
Ambulance



running
us

COACHING &
CONSULTANCY
runningwithus.com



This Plan

This Training plan is designed to get you to the start line of a half marathon feeling prepared and confident that you can achieve your goal

Is this everything i need to know?

No – this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey

Why train this way?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal race pace

wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	EASY RUN 30-40 MINUTES PLUS CORE	THRESHOLD RUN 50 MINUTES TO INCLUDE 5X5 MINUTES (90 SEC JOG RECOVERY)	45 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	LONG RUN 80-90 MINUTES EASY
2	EASY RUN 30-40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: THRESHOLD RUN 50 MINUTES TO INCLUDE 6X5 MINUTES (90 SEC JOG RECOVERY)	45 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	LONG RUN 90 MINUTES EASY
3	EASY RUN 30-40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: THRESHOLD RUN 50 MINUTES TO INCLUDE 6X5 MINUTES (90 SEC JOG RECOVERY)	45 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	LONG RUN 90 MINUTES EASY WITH LAST 15 MINUTES AT HMP IF FEELING GOOD
4	EASY RUN 30-40 MINUTES PLUS CORE	THRESHOLD RUN 50 MINUTES TO INCLUDE 5X5 MINUTES (90 SEC JOG RECOVERY)	40 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	PARKRUN OR SELF TIMED 5KM TT	LONG RUN 80 MINUTES EASY
5	EASY RUN 40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: 8X3 MINUTES ALTERNATING ODDS AT THRESHOLD PACE AND EVENS AT 5K PACE (90 SEC JOG RECOVERY)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 15 MINUTES EASY 15 MINUTES STEADY 15 MINUTES THRESHOLD	REST	PROGRESSION RUN 20 MINUTES EASY 20 MINUTES STEADY 20 MINUTES THRESHOLD	LONG RUN 1HR 45 MINUTES EASY
6	CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: 8X3 IMNUTES ALTERNATING ODDS AT THRESHOLD PACE AND EVENS AT 5K PACE (90 SEC JOG RECOVERY)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	45-60 MINUTE RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	45 MINUTES STEADY RUN	LONG RUN 80-90 MINUTES EASY WITH LAST 20 MINUTES AT HMP

wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	EASY RUN 30-40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: 6X800 METRE EFFORTS AT 5KM PACE WITH 75-90 SEC JOG RECOVERY	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	PROGRESSION RUN 10 MINUTES EASY 10 MINUTES STEADY 10 MINUTES THRESHOLD	REST	30-40 MINUTE EASY RUN	10KM RACE
8	EASY RUN 40 MINUTES PLUS CORE	AM: 30-40 MINUTES EASY RUN (OPTIONAL) PM: 5X1KM AT 5-10KM PACE (2 MIN JOG REC) PLUS 3X400 METRE EFFORTS AT 3K PACE (60 SEC JOG REC)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	45-60 MINUTE RUN WITH FINAL 25 MINUTES AT THRESHOLD	REST	45 MINUTES STEADY RUN	LONG RUN 1HR 50 MINUTES EASY WITH LAST 20 MINUTES AT HMP
9	EASY RUN 40 MINUTES PLUS CORE	AM: 40 MINUTES EASY RUN (OPTIONAL) PM: 5X1KM AT 5-10KM PACE (90 SEC JOG REC) PLUS 5X400 METRE EFFORTS AT 3K PACE (60 SEC JOG REC)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	75 MINUTE RUN WITH FINAL 30 MINUTES AT THRESHOLD	REST	45 MINUTES EASY STEADY	PROGRESSION RUN 25KM - 5KM EASY 5KM HMP 5KM EASY 5KM HMP OR SLIGHTLY QUICKER 2KM HARD 3KM EASY
10	EASY RUN 40 MINUTES PLUS CORE	AM: 40 MINUTES EASY RUN (OPTIONAL) PM: 10 MINUTES AT HMP PLUS 10X400 METRE EFFORTS AT 5KM PACE (50 SEC JOG RECOVERY)	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	75-80 MINUTE RUN WITH 3X3KM AT HMP (3-4 MINUTE JOG REC)	REST	45 MINUTES EASY STEADY	LONG RUN 1HR 45 MINUTES EASY WITH 3X10 MINUTES AT HMP (5 MIN JOG RECOVERY)
11	EASY RUN 40 MINUTES PLUS CORE	AM: 40 MINUTES EASY RUN (OPTIONAL) PM: 2KM AT HMP PLUS 10X400 METRE EFFORTS AT 5KM PACE (45 SEC JOG RECOVERY) PLUS 2KM AT HMP	45-60 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	75-80 MINUTE RUN WITH 3X3KM AT HMP (3-4 MINUTE JOG REC)	REST	5KM PARK RUN OR 45 MINUTES WITH LAST 5KM FAST ADD ON 20-30 MINUTES EASY WARM DOWN	LONG RUN 75 MINUTES EASY AND RELAXED
12	EASY RUN 30 MINUTES PLUS CORE	AM: 30 MINUTES EASY RUN (OPTIONAL) PM: 30 MINUTE RUN WITH 3X5 MINUTES AT HMP	40 MINUTES EASY RUNNING OR CROSS TRAINING PLUS CORE	30-40 MINUTES EASY RUN PLUS STRIDES	REST	EASY RUNNING 20 MINUTES PLUS STRIDES	HALF MARATHON! GOOD LUCK!

Good luck with your event!

For more information about training and training plans, please get in touch with Running with us on:

Email

info@runningwithus.com

Social

Facebook www.facebook.com/runningwithus

Instagram [@runningwithus](https://www.instagram.com/runningwithus)

Twitter [@runningwithus](https://www.twitter.com/runningwithus)

Website www.runningwithus.com

For event related and fundraising enquiries, please do contact SJA events team on events@sja.org.uk Good luck!

St John
Ambulance



running
us

COACHING &
CONSULTANCY
runningwithus.com

