

Half-Marathon Training Plan

Higdon Advanced

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	1	2	3	4	5	6	7
47	5 km	6 ×	5 km	40 min		5 km	90 min (3/1)
2	8	9	10	11	12	13	14
48	5 km	7 × 400 m 5-K pace	5 km	45 min		5 km	90 min
3	15	16	17	18	19	20	21
26	5 km	7 ×	5 km	30 min	or easy run		5 km
4	22	23	24	25	26	27	28
47	5 km	8 × 400 m 5-K pace	5 km	40 min		5 km	90 min (3/1)
5	29	30	31	32	33	34	35
50	5 km	8 ×	5 km	45 min		5 km	90 min
6	36	37	38	39	40	41	42
25	5 km	8 × 400 m 5-K pace	5 km	30 min	or easy run		10 km
7	43	44	45	46	47	48	49
53	5 km	4 × 800 m 10-K pace	5 km	45 min		6 km	105 min (3/1)
8	50	51	52	53	54	55	56
58	5 km	3 × 1600 m race pace	5 km	50 min		8 km	105 min
9	57	58	59	60	61	62	63
26	5 km	5 × 800 m 10-K pace	5 km	30 min	or easy run		15 km
10	64	65	66	67	68	69	70
64	5 km	4 × 1600 m race pace	5 km	55 min		8 km	120 min (3/1)
11	71	72	73	74	75	76	77
60	5 km	6 × 800 m 10-K pace	5 km	60 min		5 km	120 min
12	78	79	80	81	82	83	84
43	5 km	6 × 400 m 5-K pace	3 km	30 min			half

rest cross long pace race tempo interval hill