



You should do the advanced plan if you are a regular runner and plan to run 5-6 times per week in your half marathon build up.

Monday is always a light day. Tuesday builds speed endurance. Wednesday is a day of 'active recovery'. Thursday develops race pace running. Friday is always a rest day. Saturday is a steady day whilst Sunday is to develop your strength and stamina.

Easy or recovery runs

During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation throughout the run. If you're a new/novice runner then you'll probably be questioning whether any runs feel easy and holding a conversation may feel impossible. Slow down, walk if necessary and control your effort.

Steady runs

These are the bread and butter of your training, the 'miles in the bank'. Steady runs build the aerobic base that acts as the foundation for the rest of your training. Conversations are still possible at this pace but in sentences rather than long gossip.

Tempo runs

Running at tempo pace is great for improving your running economy. You will find them slightly uncomfortable and they'll require concentration but they are well worth the effort. You'll only be capable of uttering a four or five words as you run. As you get fitter and more experienced you'll learn how to find your own tempo pace and this will change the fitter, stronger and faster you get.

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	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON	35 mins easy run	35 mins easy run	40 mins easy run	40 mins easy run	45 mins easy run
TUES	10 mins easy run (3 mins fast run 2 mins easy run) x 6 10 mins easy run	10 mins easy run (3 mins fast run 1 min easy run) x 6 10 mins easy jog	10 mins easy run (4 mins tempo run 2 mins jog rec) x5 10 mins easy run	10 mins easy run (5 mins tempo run 2 mins easy run) x5 10 mins easy run	10 mins easy run Hills: 6 x 90 secs tempo up hill efforts jog down to recover 10 mins easy run
WEDS	Active recovery/ Cross training	Active recovery/ Cross training	Active recovery/ Cross training	Active recovery/ Cross training	Active recovery/ Cross training
THURS	5 mins easy run 20 mins tempo run 5 mins easy run	10 mins easy run 30 mins tempo run 10 mins easy run	10 mins easy run 10 mins steady run 10 mins half marathon pace run 10 mins steady 10 mins easy run	10 mins easy run 15 mins steady run 15 mins fast run 10 mins steady run 10 mins easy run	10 mins easy run (8 mins half marathon pace run 2 mins jog rec) x4 10 mins easy run
FRI	Rest	Rest	Rest	Rest	Rest
SAT	40 mins easy run	45 mins easy run	50 mins easy run	50 mins easy run	45 mins easy run
SUN	1 hour 15 mins easy run	1 hour 30 mins easy run	1 hour 40 mins easy run	1 hour 50 mins easy run	2 hours easy run

	WEEK 6	WEEK 7	WEEK 8	WEEK 9	RACE WEEK
MON	30 mins very easy recovery run	30 mins easy run	45 mins easy run	30 mins easy run	Rest
TUES	10 mins easy run (3 mins tempo run 2 mins jog rec) x4 10 mins easy run	10 mins easy run Hills: (6 x 90 secs tempo uphill jog down recovery) 10 mins easy run	(10 mins jog 5 mins fast run 1 min easy run) x5 10 mins easy run	10 mins jog (5 mins fast run 1 min easy run) x5 10 mins easy run	(5 mins jog 5 mins half marathon pace run 5 mins easy run) x3 5 mins easy run
WEDS	Active recovery/ Cross training	Active recovery/ Cross training	Active recovery/ Cross training	Active recovery/ Cross training	Rest
THURS	10 mins easy run (12 mins half marathon pace run 2 mins jog rec) x3 10 mins easy run	40 mins easy run	45 mins easy run	10 mins easy run 25 mins half marathon pace run 10 mins easy run	20 mins easy run
FRI	Rest	30 mins easy run	Rest	Rest	rest
SAT	40 mins easy run	Rest	5 mins run 20 mins steady run 20 mins fast run 20 mins steady run 5 mins jog	30 mins easy run	15 mins easy run
SUN	2 hours run (30 mins easy run 30 mins steady 30 mins Half Marathon pace 30 mins easy)	Race a 10k	1 hour 40 mins easy run	65 mins very easy run	Half Marathon RACE DAY Good Luck!