

Advanced Half Marathon Plan

Free one-page sample

A focused 12-week half marathon build for experienced runners who want stronger control, sharper specific work, and a cleaner race-day finish. This sample shows the rhythm of the week, the flavour of the sessions, and the kind of runner the plan is written for.

Distance: Half Marathon	Level: Advanced	Duration: 12 weeks
Weekly load: 225–375 minutes across four to five runs per week		
Longest run: Up to 125 minutes		

Who it is for

- Experienced runners already comfortable with four to five runs per week and regular training structure.
- Athletes who want sharper half-specific work without turning the whole week into noise.
- People who care about race control, composure, and a cleaner finish rather than flashy training days.

Typical week rhythm

Monday / Friday	Rest, mobility, or optional easy support running used only when it helps the block.
Tuesday	Primary specific session: threshold support, longer reps, or sharper aerobic work.
Wednesday / Saturday	Easy support running that keeps rhythm without crowding recovery.
Thursday	Sustained half-marathon-support work that teaches race control.
Sunday	Long run progression with steady finishes or race-rhythm segments.

Three real sessions from the plan

Week 3 Tue	65 min, RPE 6	Threshold ladder: 5, 8, 10, 8, 5 min strong aerobic with easy jog recoveries.
Week 9 Thu	65 min, RPE 6	5 x 5 min strong aerobic with 90 sec easy jog.
Week 10 Sun	125 min, RPE 4–5	Long run finishing with 30 min steady, still under control.

Inside the full PDF

- Full 12-week day-by-day schedule with duration, RPE, and notes for every session.
- RPE guide, glossary, specific-work progression, and practical session descriptions.
- Strength routines, fueling principles, taper guidance, and adjustment notes.

What this plan emphasizes: Specific work with control, repeatable weeks, and a calmer route to a sharper race-day performance.

Full plan: Visit [the Advanced Half Marathon Plan page](#)