

# ADVANCED 1/2 MARATHON - 4 DAYS - 16 WEEKS

## DAILY WARM UP

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

### WEEK 1

| MONDAY       | TUESDAY | WEDNESDAY    | THURSDAY      | FRIDAY | SATURDAY         | SUNDAY |
|--------------|---------|--------------|---------------|--------|------------------|--------|
| 3 MILES EASY | R       | 3 MILES EASY | 2 MILES TEMPO | R      | 7 MILES LONG RUN | R      |

### WEEK 2

| MONDAY       | TUESDAY | WEDNESDAY    | THURSDAY                           | FRIDAY | SATURDAY         | SUNDAY |
|--------------|---------|--------------|------------------------------------|--------|------------------|--------|
| 4 MILES EASY | R       | 4 MILES EASY | 6X400M PASSIVE INTERVALS W/STRIDES | R      | 7 MILES LONG RUN | R      |

### WEEK 3

| MONDAY       | TUESDAY | WEDNESDAY    | THURSDAY      | FRIDAY | SATURDAY         | SUNDAY |
|--------------|---------|--------------|---------------|--------|------------------|--------|
| 4 MILES EASY | R       | 4 MILES EASY | 3 MILES TEMPO | R      | 7 MILES LONG RUN | R      |

### WEEK 4

| MONDAY       | TUESDAY | WEDNESDAY    | THURSDAY                           | FRIDAY | SATURDAY         | SUNDAY |
|--------------|---------|--------------|------------------------------------|--------|------------------|--------|
| 4 MILES EASY | R       | 4 MILES EASY | 6X400M PASSIVE INTERVALS W/STRIDES | R      | 8 MILES LONG RUN | R      |

## DAILY COOL DOWN



Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

# ADVANCED 1/2 MARATHON - 4 DAYS - 16 WEEKS

## DAILY WARM UP

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

### WEEK 5

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY      | FRIDAY | SATURDAY         | SUNDAY |
|------------------|---------|--------------|---------------|--------|------------------|--------|
| 4 MILES RECOVERY | R       | 4 MILES EASY | 3 MILES TEMPO | R      | 8 MILES LONG RUN | R      |

### WEEK 6

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY                           | FRIDAY | SATURDAY         | SUNDAY |
|------------------|---------|--------------|------------------------------------|--------|------------------|--------|
| 4 MILES RECOVERY | R       | 5 MILES EASY | 6X400M PASSIVE INTERVALS W/STRIDES | R      | 9 MILES LONG RUN | R      |

### WEEK 7

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY      | FRIDAY | SATURDAY                      | SUNDAY |
|------------------|---------|--------------|---------------|--------|-------------------------------|--------|
| 4 MILES RECOVERY | R       | 5 MILES EASY | 4 MILES TEMPO | R      | 10 MILES PROGRESSIVE LONG RUN | R      |

### WEEK 8

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY                           | FRIDAY | SATURDAY         | SUNDAY |
|------------------|---------|--------------|------------------------------------|--------|------------------|--------|
| 4 MILES RECOVERY | R       | 5 MILES EASY | 6X400M PASSIVE INTERVALS W/STRIDES | R      | 9 MILES LONG RUN | R      |

## DAILY COOL DOWN



Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

# ADVANCED 1/2 MARATHON - 4 DAYS - 16 WEEKS

## DAILY WARM UP

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

### WEEK 9

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY      | FRIDAY | SATURDAY          | SUNDAY |
|------------------|---------|--------------|---------------|--------|-------------------|--------|
| 4 MILES RECOVERY | R       | 5 MILES EASY | 5 MILES TEMPO | R      | 10 MILES LONG RUN | R      |

### WEEK 10

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY                 | FRIDAY | SATURDAY          | SUNDAY |
|------------------|---------|--------------|--------------------------|--------|-------------------|--------|
| 4 MILES RECOVERY | R       | 6 MILES EASY | 8X400M PASSIVE INTERVALS | R      | 12 MILES LONG RUN | R      |

### WEEK 11

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY      | FRIDAY | SATURDAY                      | SUNDAY |
|------------------|---------|--------------|---------------|--------|-------------------------------|--------|
| 4 MILES RECOVERY | R       | 6 MILES EASY | 5 MILES TEMPO | R      | 10 MILES PROGRESSIVE LONG RUN | R      |

### WEEK 12

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY                 | FRIDAY | SATURDAY          | SUNDAY |
|------------------|---------|--------------|--------------------------|--------|-------------------|--------|
| 4 MILES RECOVERY | R       | 7 MILES EASY | 8X400M PASSIVE INTERVALS | R      | 14 MILES LONG RUN | R      |

## DAILY COOL DOWN



Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

# ADVANCED 1/2 MARATHON - 4 DAYS - 16 WEEKS

## DAILY WARM UP

(R) = Rest Day

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

### WEEK 13

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY      | FRIDAY | SATURDAY          | SUNDAY |
|------------------|---------|--------------|---------------|--------|-------------------|--------|
| 3 MILES RECOVERY | R       | 7 MILES EASY | 5 MILES TEMPO | R      | 14 MILES LONG RUN | R      |


### WEEK 14

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY                 | FRIDAY | SATURDAY                      | SUNDAY |
|------------------|---------|--------------|--------------------------|--------|-------------------------------|--------|
| 3 MILES RECOVERY | R       | 6 MILES EASY | 8X400M PASSIVE INTERVALS | R      | 12 MILES PROGRESSIVE LONG RUN | R      |

### WEEK 15

| MONDAY           | TUESDAY | WEDNESDAY    | THURSDAY      | FRIDAY | SATURDAY         | SUNDAY |
|------------------|---------|--------------|---------------|--------|------------------|--------|
| 3 MILES RECOVERY | R       | 7 MILES EASY | 3 MILES TEMPO | R      | 7 MILES LONG RUN | R      |

### WEEK 16

| MONDAY           | TUESDAY | WEDNESDAY               | THURSDAY     | FRIDAY | SATURDAY  | SUNDAY |
|------------------|---------|-------------------------|--------------|--------|---|--------|
| 4 MILES RECOVERY | R       | 3 MILES EASY W/ STRIDES | 2 MILES EASY | R      |  | R      |

## DAILY COOL DOWN

**RunBuzz**

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness