

# 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
5K EASY	R	5K EASY	4K TEMPO	R	11K LONG RUN	R

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K EASY	R	6K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	11K LONG RUN	R

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K EASY	R	6K EASY	5K TEMPO	R	11K LONG RUN	R

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K EASY	R	6K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	13K LONG RUN	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

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### WEEK 5

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

6K RECOVERY	R	6K EASY	5K TEMPO	R	13K LONG RUN	R
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### WEEK 6

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

6K RECOVERY	R	8K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	14K LONG RUN	R
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### WEEK 7

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

6K RECOVERY	R	8K EASY	6K TEMPO	R	14K LONG RUN	R
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### WEEK 8

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

6K RECOVERY	R	8K EASY	6X400 PASSIVE INTERVALS WITH STRIDES	R	16K LONG RUN	R
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## DAILY COOL DOWN



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### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	8K EASY	8K TEMPO	R	16K PROGRESSIVE LONG RUN	R

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	10K EASY	8X400 PASSIVE INTERVALS WITH STRIDES	R	19K LONG RUN	R

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	10K EASY	8K TEMPO	R	16K PROGRESSIVE LONG RUN	R

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	11K EASY	8X400 PASSIVE INTERVALS WITH STRIDES	R	22K LONG RUN	R

## DAILY COOL DOWN



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### WEEK 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	11K EASY	8K TEMPO	R	22K LONG RUN	R


### WEEK 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	10K EASY	8X400 PASSIVE INTERVALS WITH STRIDES	R	20K PROGRESSIVE LONG RUN	R

### WEEK 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	R	11K EASY	5K TEMPO	R	11K LONG RUN	R

### WEEK 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5K RECOVERY	R	5K EASY	3K EASY	R		R

## DAILY COOL DOWN

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