

ADVANCED 1/2 MARATHON W/STRENGTH

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

WEEK 2

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

WEEK 3

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

WEEK 4

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

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WEEK 5

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6K
RECOVERY

S

6K
EASY

5K
TEMPO

S

13K
LONG RUN

R

WEEK 6

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6K
RECOVERY

S

8K
EASY

6X400
PASSIVE
INTERVALS
WITH
STRIDES

S

14K
LONG RUN

R

WEEK 7

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6K
RECOVERY

S

8K
EASY

6K
TEMPO

S

14K
LONG RUN

R

WEEK 8

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

6K
RECOVERY

S

8K
EASY

6X400
PASSIVE
INTERVALS
WITH
STRIDES

S

16K
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 9

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

WEEK 10

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

WEEK 11

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

WEEK 12

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

DAILY COOL DOWN



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WEEK 13

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


WEEK 14

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

WEEK 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6K RECOVERY	S	11K EASY	5K TEMPO	S	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

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