

Half Marathon Trainer

11-Week Advanced Plan

VDOT 53 · Predicted finish: 1:24:30 · 78 workouts · 489 km total

Training Paces

EASY 5:03	LONG RUN 5:13	MARATHON 4:11	TEMPO 3:55
RACE PACE 4:00	INTERVAL 3:41	REPETITION 3:30	

Training Phases

Base Building	3 weeks
Build Phase	5 weeks
Peak Training	1 week
Taper	2 weeks
Race Week	1 week

Week 1 — Base Building — 35 km

Building Your Base

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Tue	tempo run	Tempo Effort	5.3 km	3:55
Wed	easy run	Easy Miles	5.3 km	5:03
Thu	easy run	Relaxed Run	5.3 km	5:03
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	14 km	5:13
Sun	rest	Day Off	—	—

Week 2 — Base Building — 39 km

Aerobic Foundation

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	5.8 km	5:03
Tue	hill repeats	Hill Repeats	4.7 km	3:41
Wed	easy run	Zone 2 Run	5.8 km	5:03
Thu	easy run	Easy Miles	5.8 km	5:03
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	15.6 km	5:13
Sun	rest	Recovery Day	—	—

Week 3 — Base Building — 43 km

Establishing Routine

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	6.5 km	5:03
Tue	tempo run	Comfortably Hard	6.5 km	3:55
Wed	easy run	Easy Run	6.5 km	5:03
Thu	easy run	Zone 2 Run	6.5 km	5:03
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	17.2 km	5:13
Sun	rest	Complete Rest	—	—

Week 4 — Build Phase (Recovery) — 30 km

Building Endurance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	6.8 km	5:03
Tue	easy run	Easy Miles	6.8 km	5:03
Wed	rest	Day Off	—	—
Thu	easy run	Easy Run	6.8 km	5:03
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	12 km	5:13
Sun	rest	Rest Day	—	—

Week 5 — Build Phase — 47 km

Speed Development

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	7.1 km	5:03
Tue	tempo run	Tempo Effort	7.1 km	3:55
Wed	rest	Recovery Day	—	—
Thu	intervals	Repeat Session	5.6 km	3:41
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	18.8 km	5:13
Sun	easy run	Relaxed Run	7.1 km	5:03

Week 6 — Build Phase — 52 km

Strength Building

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	7.8 km	5:03
Tue	tempo run	Threshold Run	7.8 km	3:55
Wed	rest	Complete Rest	—	—
Thu	intervals	VO2max Intervals	6.2 km	3:41
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	20.8 km	5:13
Sun	easy run	Easy Miles	7.8 km	5:03

Week 7 — Build Phase — 57 km

Pushing Boundaries

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	8.5 km	5:03
Tue	tempo run	Comfortably Hard	8.5 km	3:55
Wed	rest	Rest Day	—	—
Thu	intervals	Track Session	6.8 km	3:41
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	22 km	5:13
Sun	easy run	Zone 2 Run	8.5 km	5:03

Week 8 — Build Phase (Recovery) — 40 km

Endurance Growth

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	9 km	5:03
Tue	easy run	Easy Miles	9 km	5:03
Wed	rest	Day Off	—	—
Thu	easy run	Easy Run	9 km	5:03
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	16 km	5:13
Sun	rest	Rest Day	—	—

Week 9 — Peak Training — 63 km

Peak Performance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	9.4 km	5:03
Tue	race pace	Half Marathon Pace	9.5 km	4:00
Wed	rest	Recovery Day	—	—
Thu	hill repeats	Hill Power	7.6 km	3:41
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	22 km	5:13
Sun	easy run	Relaxed Run	9.4 km	5:03

Week 10 — Taper — 47 km

Taper & Sharpen

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	7.1 km	5:03
Tue	tempo run	Threshold Run	7.1 km	3:55
Wed	easy run	Zone 2 Run	7.1 km	5:03
Thu	easy run	Easy Miles	7.1 km	5:03
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	18.8 km	5:13
Sun	rest	Recovery Day	—	—

Week 11 — Taper — 26 km

Fresh Legs Ahead

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	3.9 km	5:03
Tue	tempo run	Comfortably Hard	4 km	3:55
Wed	easy run	Easy Run	3.9 km	5:03
Thu	easy run	Zone 2 Run	3.9 km	5:03
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	11 km	5:13
Sun	rest	Complete Rest	—	—

Week 12 — Race Week — 29 km

Race Week

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	rest	Complete Rest	—	—
Tue	race	Race!	21.1 km	4:00