

Half Marathon Trainer

11-Week Advanced Plan

VDOT 53 · Predicted finish: 1:24:30 · 78 workouts · 488 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 | hill repeats | Hill Strength | 4.2 km | 3:41 |
| 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 | tempo run | Threshold Run | 5.9 km | 3:55 |
| 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 | hill repeats | Hill Power | 5.2 km | 3:41 |
| 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 | hill repeats | Hill Power | 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 | intervals | Repeat Session | 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 |