

Half Marathon Trainer

14-Week Advanced Plan

VDOT 53 · Predicted finish: 1:24:30 · 99 workouts · 671 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	4 weeks
Build Phase	6 weeks
Peak Training	2 weeks
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 — 38 km

Aerobic Foundation

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	5.7 km	5:03
Tue	hill repeats	Hill Repeats	4.6 km	3:41
Wed	easy run	Zone 2 Run	5.7 km	5:03
Thu	easy run	Easy Miles	5.7 km	5:03
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	15.2 km	5:13
Sun	rest	Recovery Day	—	—

Week 3 — Base Building — 42 km

Establishing Routine

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	6.3 km	5:03
Tue	tempo run	Comfortably Hard	6.3 km	3:55
Wed	easy run	Easy Run	6.3 km	5:03
Thu	easy run	Zone 2 Run	6.3 km	5:03
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	16.8 km	5:13
Sun	rest	Complete Rest	—	—

Week 4 — Base Building (Recovery) — 29 km

Easy Miles Foundation

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	6.5 km	5:03
Tue	easy run	Easy Miles	6.5 km	5:03
Wed	rest	Day Off	—	—
Thu	easy run	Easy Run	6.5 km	5:03
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	11.6 km	5:13
Sun	rest	Rest Day	—	—

Week 5 — Build Phase — 46 km

Building Endurance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	6.9 km	5:03
Tue	tempo run	Tempo Effort	6.9 km	3:55
Wed	rest	Recovery Day	—	—
Thu	intervals	Repeat Session	5.5 km	3:41
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	18.4 km	5:13
Sun	easy run	Relaxed Run	6.9 km	5:03

Week 6 — Build Phase — 51 km

Speed Development

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	7.7 km	5:03
Tue	tempo run	Threshold Run	7.7 km	3:55
Wed	rest	Complete Rest	—	—
Thu	hill repeats	Incline Work	6.1 km	3:41
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	20.4 km	5:13
Sun	easy run	Easy Miles	7.7 km	5:03

Week 7 — Build Phase — 55 km

Strength Building

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	8.2 km	5:03
Tue	tempo run	Comfortably Hard	8.3 km	3:55
Wed	rest	Rest Day	—	—
Thu	intervals	Track Session	6.6 km	3:41
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	22 km	5:13
Sun	easy run	Zone 2 Run	8.2 km	5:03

Week 8 — Build Phase (Recovery) — 39 km

Pushing Boundaries

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	8.8 km	5:03
Tue	easy run	Easy Miles	8.8 km	5:03
Wed	rest	Day Off	—	—
Thu	easy run	Easy Run	8.8 km	5:03
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	15.6 km	5:13
Sun	rest	Rest Day	—	—

Week 9 — Build Phase — 61 km

Endurance Growth

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	9.1 km	5:03
Tue	tempo run	Tempo Effort	9.2 km	3:55
Wed	rest	Recovery Day	—	—
Thu	intervals	Repeat Session	7.3 km	3:41
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	22 km	5:13
Sun	easy run	Relaxed Run	9.1 km	5:03

Week 10 — Build Phase — 65 km

Building Endurance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	9.8 km	5:03
Tue	tempo run	Threshold Run	9.8 km	3:55
Wed	rest	Complete Rest	—	—
Thu	intervals	VO2max Intervals	7.8 km	3:41
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	22 km	5:13
Sun	easy run	Easy Miles	9.8 km	5:03

Week 11 — Peak Training — 69 km

Peak Performance

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Miles	10 km	5:03
Tue	race pace	Race Rehearsal	10.4 km	4:00
Wed	rest	Rest Day	—	—
Thu	intervals	Track Session	8.3 km	3:41
Fri	rest	Recovery Day	—	—
Sat	long run	Distance Day	22 km	5:13
Sun	easy run	Zone 2 Run	10 km	5:03

Week 12 — Peak Training — 72 km

Race Pace Practice

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Zone 2 Run	10 km	5:03
Tue	race pace	Goal Pace Practice	10.8 km	4:00
Wed	rest	Day Off	—	—
Thu	intervals	Speed Work	8.6 km	3:41
Fri	rest	Complete Rest	—	—
Sat	long run	Weekly Long Run	22 km	5:13
Sun	easy run	Easy Run	10 km	5:03

Week 13 — Taper — 54 km

Taper & Sharpen

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Easy Run	8.1 km	5:03
Tue	tempo run	Tempo Effort	8.1 km	3:55
Wed	easy run	Easy Miles	8.1 km	5:03
Thu	easy run	Relaxed Run	8.1 km	5:03
Fri	rest	Rest Day	—	—
Sat	long run	Long Slow Distance	21.6 km	5:13
Sun	rest	Day Off	—	—

Week 14 — Taper — 30 km

Fresh Legs Ahead

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	4.5 km	5:03
Tue	tempo run	Threshold Run	4.5 km	3:55
Wed	easy run	Zone 2 Run	4.5 km	5:03
Thu	easy run	Easy Miles	4.5 km	5:03
Fri	rest	Day Off	—	—
Sat	long run	Endurance Builder	12 km	5:13
Sun	rest	Recovery Day	—	—

Week 15 — Race Week — 29 km

Race Week

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	rest	Recovery Day	—	—
Tue	race	The Big Day	21.1 km	4:00