

Half Marathon Trainer

# 14-Week Advanced Plan

VDOT 53 · Predicted finish: 1:24:30 · 99 workouts · 672 km total

## Training Paces

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

## 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	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 — 38 km**

Aerobic Foundation

DAY	TYPE	DESCRIPTION	DISTANCE	PACE
Mon	easy run	Relaxed Run	5.7 km	5:03
Tue	tempo run	Threshold Run	5.7 km	3:55
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	hill repeats	Hill Power	5 km	3:41
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	intervals	VO2max Intervals	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	hill repeats	Hill Strength	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 &amp; 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