Your 12-week half-marathon advanced training plans

This plan is designed for runners with previous half-marathon experience, giving you every opportunity of running a new best time.
Not sure you're ready? Check out our half-marathon training plan for beginners.

Don't forget your warm up and warm down: Start and end each running training session with a 5 minute walk to help you warm up and cool down your muscles, minimising the risk of injury.

Active Rest | Jog/Walk/Easy Run | Race Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 01	**Easy run 40 mins** (total time: 50 mins*)	**Steady run 45 mins** **100m stride, 100m walk Repeat 4x** (total time: 1 hour approx*)	**100m stride, 100m walk Repeat 2-3x** **1km run at 10km race pace, 200m walk Repeat 10x** (total time: 1 hour approx.)	**Rest**	**Easy/steady run 45 mins** (total time: 55 mins*)	**10 mins warm up** **10km at half-marathon pace** **10 mins cool down**	**Easy run 90 mins** (total time: 1 hour 40 mins*)
Week 02	**Easy run 50 mins** (total time: 1 hour*)	**Steady run 50 mins** **100m stride, 100m walk Repeat 4x** (total time: 1 hour 10 mins approx*)	**Easy run 2km** **100m stride, 100m walk Repeat 2-3x** **1 min run at 10km race pace, 30s walk Repeat 20x, slowly increasing pace** **Easy run 2km** (total time: 1 hour approx.)	**Rest**	**Easy/steady run 50 mins** (total time: 1 hour 10 mins*)	**10 mins warm up** **10km at half-marathon pace** **10 mins cool down**	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)
Week 03	**Easy run 60 mins** (total time: 1 hour 20 mins*)	**Steady run 60 mins** **100m stride, 100m walk Repeat 4x** (total time: 1 hour 20 mins approx*)	**Easy run 2km** **100m stride, 100m walk Repeat 2-3x** **1 mile run at 10km race pace, 3 mins walk Repeat 5x** **Easy run 2km**	**Rest**	**Easy/steady run 60 mins** (total time: 1 hour 20 mins*)	**10 mins warm up** **10km at half-marathon pace** **10 mins cool down**	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)
Week 04	**10 mins warm up** **10km easy run** **10 mins cool down**	**10 mins warm up** **10km easy run** **100m stride, 100m walk Repeat 4x** **10 mins cool down**	**10 mins Fartlek warm up** **5 mins run at half-marathon pace, 30s walk** **4 mins run at half-marathon pace, 30s walk** **3 mins run at half-marathon pace, 30s walk** **2 mins run at half-marathon pace, 30s walk** **1 mins run at half-marathon pace, 30s walk** **3 mins rest** **Repeat 2x** **10 mins easy jog cool down** (total time: 1 hour approx.)	**Rest**	**10 mins warm up** **10km easy run** **10 mins cool down**	**Easy/steady run 60 mins** (total time: 1 hour 20 mins*)	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)
Week 05	**60 mins easy run** (total time: 1 hour 20 mins*)	**Easy/steady run 60 mins** **100m stride, 100m walk Repeat 4x** (total time: 1 hour 25 mins*)	**Easy run 10 mins** **100m stride, 100m walk Repeat 2-3x** **2km run at 10km race pace, 3 mins walk Repeat 5x** **Easy run 10 mins**	**Rest**	**10 mins warm up** **10km easy/steady run** **10 mins cool down**	**10 mins warm up** **5km at half-marathon pace** **3 mins recovery walk/run** **5km at 10km race pace** **3 mins recovery walk/run** **5km at half-marathon pace** **10 mins cool down**	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)
Week 06	**60 mins easy run** (total time: 1 hour 20 mins*)	**Easy/steady run 60 mins** **100m stride, 100m walk Repeat 4x** (total time: 1 hour 25 mins*)	**Easy run 10 mins** **100m stride, 100m walk Repeat 2-3x** **60s run at 10km race pace, walk 30s Repeat 24x** **Easy run 10 mins** (total time: 1 hour approx.)	**Rest**	**60 mins easy/steady run** (total time: 1 hour 10 mins*)	**15 mins easy run** **15 mins at half-marathon pace** **15 mins at 10km race pace** (total time: 55 mins*)	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 07	**60 mins easy run** (total time: 1 hour 20 mins*)	**Steady run 45 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 1 hour approx*)	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **3 mins run at 10km race pace, walk 60s** **2 mins run at 10km race pace, walk 60s** **1 mins run at 10km race pace, walk 60s** **2 mins rest** **Repeat 5x** **Easy run 10 mins** (total time: 1 hour 20 mins*)	**Rest**	**60 mins easy/steady run** (total time: 1 hour 10 mins*)	**10 mins easy run** **10km run at 10km race pace** **10 mins easy run**	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)
Week 08	**40 mins easy run** (total time: 50 mins*)	**Easy/steady run 45 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 1 hour*)	**15 mins easy run** **15 mins at half-marathon pace** **15 mins at 10km pace** (total time: 55 mins*)	**Rest**	**60 mins easy/steady run** (total time: 1 hour 10 mins*)	**10 mins easy run** **1 min run at 10km race pace, 30s walk** **Repeat 16x** **4 mile run at half-marathon pace** **10 mins easy run**	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)
Week 09	**60 mins easy run** (total time: 1 hour 10 mins*)	**Easy/steady run 60 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 1 hour 15 mins*)	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **2km run, 3 mins jog recovery** **Repeat 6x, alternating between half-marathon and 10km race pace** **Easy run 10 mins**	**Rest**	**60 mins easy/steady run** (total time: 1 hour 10 mins*)	**30 mins easy run** **30 mins half-marathon pace** (total time: 1 hour 10 mins*)	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)
Week 10	**60 mins easy run** (total time: 1 hour 10 mins*)	**Easy/steady run 60 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 1 hour 15 mins*)	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **1 mile run, 3 mins jog recovery** **Repeat 6x, alternating between half-marathon and 10km race pace** **Easy run 10 mins**	**Rest**	**Easy/steady run 60 mins** (total time: 1 hour 10 mins*)	**1 min run at 10km race pace, 30s walk** **Repeat 24x, increasing pace to 5km pace** (total time: 1 hour 10 mins*)	**Easy/steady run 90 mins** (total time: 1 hour 40 mins*)
Week 11	**60 mins easy run** (total time: 1 hour 10 mins*)	**Easy/steady run 60 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 1 hour 15 mins*)	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **1km run, 200m jog recovery** **Repeat 10x, alternating between half-marathon and 10km race pace** **Easy run 10 mins**	**Rest**	**45 mins easy/steady run** (total time: 55 mins*)	**Easy run 10 mins** **5km at half-marathon pace** **3 minute recovery jog** **5km at 10km race pace** **Easy run 10 mins**	**10 miles easy/steady run**
Week 12	**40 mins easy run** (total time: 50 mins*)	**Easy/steady run 40 mins** **100m stride, 100m walk** **Repeat 4x** (total time: 55 mins approx.*)	**Easy run 10 mins** **100m stride, 100m walk** **Repeat 2-3x** **5 mins run at 10km race pace, 60s walk** **4 mins run at 10km race pace, 60s walk** **3 mins run at 10km race pace, 60s walk** **2 mins run at 10km race pace, 60s walk** **1 min run at 10km race pace, 60s walk** **2 miles run at half-marathon pace** **10 mins easy run**	**Rest**	**35 mins easy/steady run** (total time: 45 mins*)	**30 mins easy run** **100m stride, 100m walk** **Repeat 2-3x** (total time: 45 mins approx.*)	**Half Marathon Day!**