



RUNMUMS

RUNMUMS Advanced Half Marathon Training Programme

This advanced running plan is designed to get you running a Half Marathon in twelve weeks. At this stage you will probably already be doing a minimum of 30-35 miles a week and have previously completed a half-marathon or something similar before, and want to take your running up to the next level.

Just a few things to bear in mind:

- Follow our RUNMUMS Advanced Half Marathon programme and make a commitment to run five times a week for 12 weeks. It does not matter which days you run but allow at least one rest day between each run when you first begin.
- Each of the five runs is designed:
 - One easy run designed to run at a conversational pace. So, if in doubt slow down.
 - One tempo run operating a race pace heart and effort or slightly higher.
 - Two slightly harder sessions to try and get the heart rate up by including some hills and/or speed work. Try and maintain good form and pace. It will feel harder, but it will make you stronger.
 - One longer run on or off-road. These are designed as slow, steady, gradual increases in your weekly mileage.
- Always start with a 5-minute warm-up jog or walk with some dynamic stretches.
- Always finish with a 5-10 stretching programme.
- Rest and recovery days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for your two rest days is to stretch or cross train such as biking, swimming, walking, Pilates, depending on how your body feels, but do not do too much that you burn yourself out.
- Depending on if you've got a target date, then don't be afraid to repeat a week or drop back a week. Everyone is different.
- You can start at any stage depending on your current level of fitness.
- The programme is only a guide so please feel free to make any minor changes or swap the days around.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.
Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Gym Session (30-45 mins)	1-mile jog, 6-mile tempo, 1-mile jog	6-mile easy run	1-mile jog, 5 x 4 min hard runs (HR above 80%), 3-min jog recovery in between, 1-mile jog.	Core strength and stretch	1-mile jog warm-up. Stretch. Run 3 sets x 5 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	10-mile easy/ steady run off road if possible
2	Gym Session (30-45 mins)	1-mile jog, 6-mile tempo, 1-mile jog	6-mile easy run	1-mile jog, 6 x 4 min hard runs (HR above 80%), 3-min jog recovery in between, 1-mile jog.	Core strength and stretch	1-mile jog. Stretch. 40-mins of fartlek. 1-mile jog.	10-mile steady run off road if possible
3	Gym Session (30-45 mins)	1-mile jog, 6-mile tempo, 1-mile jog	6-mile easy run	1-mile jog, 5 x 5 min hard runs (HR above 80%), 3-min jog recovery in between, 1-mile jog.	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 sets x 8 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	11-mile steady run off road if possible
4	Gym Session (30-45 mins)	1-mile jog, 7-mile tempo, 1-mile jog	6-mile easy run + core strength	1-mile jog, 5 x 5 min hard runs (HR above 80%), 2-3 mins jog recovery in between, 1-mile jog.	Core strength and stretch	1-mile jog. Stretch. 45-mins of fartlek. 1-mile jog.	12-mile steady run off road if possible
5	Gym Session (30-45 mins)	1-mile jog, 7-mile tempo, 1-mile jog	6-mile easy run + core strength	1-mile jog, 5 x 5 min hard runs (HR above 80%), 2-min jog recovery in between, 2-mile jog.	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 sets x 8 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	12-mile steady run off road if possible
6	Gym Session (30-45 mins)	1-mile jog, 6-mile tempo, 1-mile jog	6-mile easy run + core strength	1-mile jog, 5 x 5 min hard runs (HR above 80%), 2-min jog recovery in between, 1-mile jog.	Core strength and stretch	1-mile jog. Stretch. 45-mins of fartlek. 1-mile jog.	13-mile steady run off road if possible
7	Gym Session (30-45 mins)	2-mile jog, 6-mile tempo, 2-mile jog	6-mile easy run + core strength	1-mile jog, 5 x 6 min hard runs (HR above 80%),	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 x sets of 8 hills (200-	14-mile

	mins)			3-min jog recovery in between, 1-mile jog.	stretch	250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	
8	Gym Session (30-45 mins)	1-mile jog, 7-mile tempo, 1-mile jog	7-mile easy run + core strength	1-mile jog, 5 x 6 min hard runs (HR above 80%), 3-min jog recovery in between, 1-mile jog.	Core strength and Stretch	1-mile jog. Stretch. 45-mins of fartlek. 2-mile jog.	15-mile
9	Gym Session (30-45 mins)	1-mile jog, 6-mile tempo, 1-mile jog	6-mile easy run + core strength	1-mile jog, 5 x 3 min hard runs (HR 70-80%), 2-min jog recovery in between, 1-mile jog.	Core strength and Stretch	Rest day if racing on Sunday.	10k-race
10	Gym Session (30-45 mins)	1-mile jog, 7-mile tempo, 1-mile jog	7-mile easy run + core strength	7-mile steady run	Core strength and Stretch	1-mile jog. Stretch. 45-mins of fartlek. 1-mile jog.	14-mile
11	Gym Session (30-45 mins)	1-mile jog, 5-mile tempo, 1-mile jog	6-mile easy run + core strength	6-mile steady run (inc 4 x 100m strides walk in between	Core strength and stretch	1-mile jog warm-up. Stretch. Run 2 x sets of 6 hills (200-250m hill). Jog down to recover and walk between each set. 1-mile cool-down.	11-mile
12	Core strength and stretch	5-mile steady run(inc 4 x 100 m strides, walk in between), 1-mile jog	Walk or swim + core strength	5-mile easy run	Core strength and stretch	Rest	Half Marathon
Congratulations on reaching your Half Marathon GOAL!							