



**PRE CONDITIONING**

Important not to increase mileage too quickly, this phase is to build up strength & get into your routine.

**LONG**

The LONG run is the most important in this phase, build your week around it & pick a day with less commitments.

**TAPERING**

Lowering mileage building up to race day to avoid burnout. **NO SPEED IN TAPERING PHASE – SWITCH TO RECOVERY RUNS**

**FRONT RUNNER HALF MARATHON - 12 WEEK ADVANCED PLAN**

	MON	TUES	WED	THURS	FRI	SAT	SUN	
	RECOVERY	SPEED		TEMPO	RECOVERY		LONG	TOTAL MILEAGE
WEEK 1	3 Miles	<5 Miles	REST	3 Miles	3 Miles	REST	5 Miles	19 Miles
WEEK 2	3 Miles	<5 Miles	REST	3 Miles	3 Miles	REST	6 Miles	20 Miles
WEEK 3	3 Miles	<5 Miles	REST	3 Miles	3 Miles	REST	7 Miles	21 Miles
WEEK 4	3 Miles	<5 Miles	REST	3 Miles	3 Miles	REST	5 Miles	19 Miles
WEEK 5	4 Miles	<5 Miles	REST	5 Miles	4 Miles	REST	8 Miles	26 Miles
WEEK 6	5 Miles	<5 Miles	REST	5 Miles	5 Miles	REST	9 Miles	29 Miles
WEEK 7	5 Miles	<5 Miles	REST	5 Miles	5 Miles	REST	10 Miles	30 Miles
WEEK 8	4 Miles	<5 Miles	REST	5 Miles	4 Miles	REST	8 Miles	26 Miles
WEEK 9	6 Miles	<5 Miles	REST	5 Miles	6 Miles	REST	12 Miles	34 Miles
WEEK 10	4 Miles	4 Miles	REST	4 Miles	5 Miles	REST	10 Miles	27 Miles
WEEK 11	4 Miles	4 Miles	REST	4 Miles	4 Miles	REST	8 Miles	24 Miles
WEEK 12	REST	4 Miles	REST	4 Miles	REST	REST	RACE DAY	

**SPEED**

**FAST** Ideally find a local track or similar course for fast intervals & recovery sets.

**TOP TIP #1 HYDRATION** – the session may be short but it’s also high intensity. Keep a bottle with you, refuel in between sets.

**TOP TIP #2 RUN IN A GROUP** – having others to chase/keep being you will help to push yourself.

**RECOVERY**

**SLOW** light jogging to loosening the legs – pace is not important.

**TOP TIP #1 STAY LOCAL** – avoid out & back routes in case you need to stop.

**TOP TIP #2 AIM IS TO RECOVER** – if something hurts, don’t be a hero, rest up!

**TEMPO**

**FAST** – The workout should be hard but comfortable, 8/10 effort.

**TOP TIP #1 RUN IN A GROUP** – slower runners set off first & faster runners chase. all should finish same time.

**TOP TIP #2 KNOW YOUR PACE BEFORE YOU START & STICK TO IT** – consistency is key.

**LONG**

**EASY PACE** to build endurance – this run is all about time on your feet.

**TOP TIP #1 STAY HYDRATED & PRACTICE USING GELS** – before start & every 30 minutes after start.

**TOP TIP #2 TRY OUT DIFFERENT ROUTES** – will help prevent boredom & make the run more enjoyable.

**PARK RUN**

Free 5k timed run every Saturday gam in different locations:

Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain.