



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 - 16 WEEK ADVANCED PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN	
	RECOVERY	SPEED		TEMPO	RECOVERY		LONG	TOTAL MILES
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	5 Miles	19 Miles
Week 3	3 Miles	<5 Miles	REST	3 Miles	3 Miles	REST	5 Miles	19 Miles
Week 4	3 Miles	<5 Miles	REST	3 Miles	REST	REST	5 Miles	16 Miles
Week 5	4 Miles	<5 Miles	REST	5 Miles	4 Miles	REST	6 Miles	24 Miles
Week 6	4 Miles	<5 Miles	REST	5 Miles	4 Miles	REST	7 Miles	25 Miles
Week 7	4 Miles	<5 Miles	REST	5 Miles	4 Miles	REST	8 Miles	26 Miles
Week 8	4 Miles	<5 Miles	REST	5 Miles	4 Miles	REST	6 Miles	24 Miles
Week 9	5 Miles	<5 Miles	REST	5 Miles	5 Miles	REST	9 Miles	29 Miles
Week 10	5 Miles	<5 Miles	REST	5 Miles	5 Miles	REST	10 Miles	30 Miles
Week 11	5 Miles	<5 Miles	REST	5 Miles	5 Miles	REST	11 Miles	31 Miles
Week 12	5 Miles	<5 Miles	REST	5 Miles	5 Miles	REST	9 Miles	29 Miles
Week 13	5 Miles	<5 Miles	REST	5 Miles	5 Miles	REST	12 Miles	32 Miles
Week 14	5 Miles	4 Miles	REST	4 Miles	5 Miles	REST	10 Miles	28 Miles
Week 15	4 Miles	4 Miles	REST	4 Miles	4 Miles	REST	8 Miles	24 Miles
Week 16	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 loosen 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 9am in different locations: Swansea Bay, Llanelli Coast, Gnoll Park, Porthcawl, Llyn Llech Owain.