



2023 ADVANCED TRAINING GUIDE



This programme is for you if you consider yourself to be an advanced runner. You have completed half marathon races before (sub 1.45 hours for men and 2.00 hours for women).

The plan is just a guide, so do not hesitate to move things around to fit around your routine.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILEAGE
DATE	24 JULY	25 JULY	26 JULY	27 JULY	28 JULY	29 JULY	30 JULY	
1	4 miles (6k) easy run	6 x hill reps (2 min run up, slow jog down)	5 miles (8k) easy run	Intervals 6 x 1000m (400m recovery)	REST	5 miles (8k) easy run	6 miles (10k) race pace	
DATE	31 JULY	1 AUGUST	2 AUGUST	3 AUGUST	4 AUGUST	5 AUGUST	6 AUGUST	
2	5 miles (8k) easy run	3 x 10 mins tempo run (4 min recovery)	6 miles (10k) steady pace	6 miles (10k) easy run	REST	20 mins easy run	ABP BARRY ISLAND 10K or slow long run	
DATE	7 AUGUST	8 AUGUST	9 AUGUST	10 AUGUST	11 AUGUST	12 AUGUST	13 AUGUST	
3	5 miles (8k) easy run	2 x 15 mins tempo run (4 min recovery)	7 miles (11k) steady pace	6 x hill reps (2 min run up, slow jog down)	REST	5 miles (8k) easy run	13 miles (21k) long run pace	
DATE	14 AUGUST	15 AUGUST	16 AUGUST	17 AUGUST	18 AUGUST	19 AUGUST	20 AUGUST	
4	5 miles (8k) easy run	2 x 20 mins tempo run (5 min recovery)	7 miles (11k) steady pace	Intervals 5 x 1 mile (400m recovery)	REST	5 miles (8k) easy run	14 miles (23k) long run pace	
DATE	21 AUGUST	22 AUGUST	23 AUGUST	24 AUGUST	25 AUGUST	26 AUGUST	27 AUGUST	
5	5 miles (8k) easy run	Tempo run (20 mins on, 5 mins off, 25 mins on, 4 mins off, 10 mins on)	7 miles (11k) steady pace	8 x hill reps (2 min run up, slow jog down)	REST	5 miles (8k) easy run	15 miles (24k) long run pace	
DATE	28 AUGUST	29 AUGUST	30 AUGUST	31 SEPTEMBER	1 SEPTEMBER	2 SEPTEMBER	3 SEPTEMBER	
6	6 miles (10k) easy run	REST	7 miles (11k) steady pace	Intervals 5 x 1 mile (400m recovery)	REST	20 mins easy run	CDF 10K or slow long run	
DATE	4 SEPTEMBER	5 SEPTEMBER	6 SEPTEMBER	7 SEPTEMBER	8 SEPTEMBER	9 SEPTEMBER	10 SEPTEMBER	
7	7-8 miles (11-12k) steady	2 x 10 mins tempo run (4 min recovery)	8 miles (13k) steady pace	8 x hill reps 5 x 1 mile (2 min run up, slow jog down)	REST	5 miles (8k) easy run	16 miles (26k) long run pace	
DATE	11 SEPTEMBER	12 SEPTEMBER	13 SEPTEMBER	14 SEPTEMBER	15 SEPTEMBER	16 SEPTEMBER	17 SEPTEMBER	
8	5 miles (8k) easy run	Tempo run (20 mins on, 5 mins off, 15 mins on, 4 mins off, 10 mins on)	8 miles (13k) steady pace	6 x hill reps (2 min run up, slow jog down)	REST	6 miles (10k) easy run	12 miles (19k) long run pace	
DATE	18 SEPTEMBER	19 SEPTEMBER	20 SEPTEMBER	21 SEPTEMBER	22 SEPTEMBER	23 SEPTEMBER	24 SEPTEMBER	
9	5 miles (8k) easy run	7 miles (11k) 1 mile (2k) easy, 5 miles (7.5k) race pace, 1 mile (2k) easy	5 miles (8k) easy run	2 x 10 mins tempo run (4 min recovery)	REST	6 miles (10k) steady	10 miles (16k) long run pace	
DATE	25 SEPTEMBER	26 SEPTEMBER	27 SEPTEMBER	28 SEPTEMBER	29 SEPTEMBER	30 SEPTEMBER	1 OCTOBER	
10	4 miles (6k) easy run	5 miles (8k) 1 mile (2k) easy, 3 miles (5k) race pace, 1 mile (2k) easy	REST	6 miles (10k) steady	REST	PRINCIPALITY CARDIFF HALF JUNIOR	PRINCIPALITY CARDIFF HALF MARATHON	