

**STRIDE**

Advanced Half Marathon Training Plan

16 Weeks

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 Base	Easy Run 7 miles easy pace	Cross Train or Rest	Track 12x400m target pace +5s	Cross Train or Rest	Threshold 8 miles incl. 4mi threshold	Cross Train or Rest	Long Run 11 miles ■ Fuel every 40 mins
Week 2 Base	Easy Run 7 miles easy pace	AM Easy/PM Threshold AM 4mi easy / PM 5mi threshold	Track 14x400m target pace +5s	Cross Train or Rest	Threshold 8 miles incl. 4mi threshold	Cross Train or Rest	Long Run 12 miles ■ Fuel every 40 mins
Week 3 Parkrun	Easy Run 7 miles easy pace	Cross Train or Rest	Track 6x1000m at target pace	Cross Train or Rest	Threshold 8 miles incl. 5mi threshold	Parkrun 5K race progress check	Long Run 12 miles ■ Fuel every 40 mins
Week 4 Build	Easy Run 8 miles easy pace	AM Easy/PM Threshold AM 5mi easy / PM 6mi threshold	Track 7x1000m at target pace	Cross Train or Rest	Threshold 9 miles incl. 5mi threshold	Cross Train or Rest	Long Run 13 miles ■ Fuel every 40 mins
Week 5 Build	Easy Run 8 miles easy pace	Cross Train or Rest	Track 5x1200m at target pace	Cross Train or Rest	Threshold 9 miles incl. 5mi threshold	Cross Train or Rest	Long Run 13 miles ■ Fuel every 40 mins
Week 6 Parkrun	Easy Run 7 miles easy pace	AM Easy/PM Threshold AM 4mi easy / PM 5mi threshold	Track 8x400m sharp — race pace	Cross Train or Rest	Rest Day	Parkrun 5K race progress check	Long Run 11 miles ■ Fuel every 40 mins
Week 7 Peak Build	Easy Run 8 miles easy pace	Cross Train or Rest	Track 4x1600m at target pace	Cross Train or Rest	Threshold 9 miles incl. 3x2mi threshold	Cross Train or Rest	Long Run 13 miles ■ Fuel every 40 mins
Week 8 PEAK ■	Easy Run 8 miles easy pace	AM Easy/PM Threshold AM 5mi easy / PM 7mi threshold	Track 6x1000m target pace -2s	Cross Train or Rest	Threshold 8 miles incl. 5mi threshold	Run to Parkrun ■ 3mi warm up run to parkrun! ■	Long Run 15 miles ■ tired legs long run ■
Week 9 Yasso	Easy Run 8 miles easy pace	Cross Train or Rest	Yasso 800s 6x800m rep = target half time	Cross Train or Rest	Threshold 8 miles incl. 4mi threshold	Parkrun 5K race progress check	Long Run 13 miles ■ Fuel every 40 mins

Week 10 Build	Easy Run 8 miles easy pace	AM Easy/PM Threshold AM 5mi easy / PM 6mi threshold	Yasso 800s 8x800m rep = target half time	Cross Train or Rest	Threshold 9 miles incl. 5mi threshold	Cross Train or Rest	Long Run 14 miles ■ Fuel every 40 mins
Week 11 Build	Easy Run 8 miles easy pace	Cross Train or Rest	Track 5x1200m target pace -2s	Cross Train or Rest	Threshold 9 miles incl. 5mi threshold	Cross Train or Rest	Long Run 14 miles ■ Fuel every 40 mins
Week 12 PEAK ■	Easy Run 7 miles easy pace	AM Easy/PM Threshold AM 4mi easy / PM 6mi threshold	Yasso 800s 10x800m final fitness check!	Cross Train or Rest	Threshold 8 miles incl. 4mi threshold	Run to Parkrun ■ 2mi warm up run to parkrun! ■	Long Run 14 miles ■ tired legs long run ■
Week 13 Taper Start	Easy Run 7 miles easy pace	Cross Train or Rest	Track 6x1000m at target pace	Cross Train or Rest	Threshold 7 miles incl. 4mi threshold	Cross Train or Rest	Long Run 12 miles ■ Fuel every 40 mins
Week 14 Sharpening	Easy Run 6 miles easy pace	AM Easy/PM Threshold AM 4mi easy / PM 5mi threshold	Track 10x400m race pace — sharp	Cross Train or Rest	Rest Day	Cross Train or Rest	Long Run 10 miles easy — save the legs
Week 15 Taper	Easy Run 5 miles easy, stay fresh	Cross Train or Rest	Track 6x400m sharp, keep legs alive	Cross Train or Rest	Easy Run 4 miles easy with strides	Cross Train or Rest	Long Run 7 miles easy — save the legs
Week 16 Race Week	Easy Run 3 miles light activation	Rest Day	Easy Run 2 miles strides at end	Rest Day	Rest Day	Rest Day	Race Day! Run your Half! You've got this!

Easy Run	Double Day	Track	Threshold	Long + Fuel	Yasso 800s	Parkrun / Run to Parkrun ■	Parkrun every 3 weeks (wks 3,6,9,12) · Double days every other week · ■ Back-to-back wks 8 & 12 only (peak) · Doubles drop off in taper
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Advanced Half Marathon — Pace Guides

16 Weeks

Race Pace Guide — Find your target time and run to these splits

Target	Per Mile	Per KM	5K Split	10K Split	15K Split	Halfway	Yasso 800 target
1:20:00	6:06	3:47	18:57	37:54	56:51	40:00	1:20 per rep
1:25:00	6:29	4:02	20:10	40:20	1:00:30	42:30	1:25 per rep
1:30:00	6:51	4:15	21:22	42:44	1:04:06	45:00	1:30 per rep
1:35:00	7:15	4:30	22:35	45:10	1:07:45	47:30	1:35 per rep
1:40:00	7:38	4:44	23:43	47:26	1:11:09	50:00	1:40 per rep

Track Session Pace Guide — Use these times for your interval sessions

Target	100m	200m	400m	800m	1000m	1200m	1600m	Yasso 800
1:20:00	11s	22s	45s	1:30	1:53	2:16	3:01	1:20
1:25:00	12s	24s	48s	1:36	2:00	2:24	3:12	1:25
1:30:00	12s	25s	51s	1:42	2:08	2:33	3:24	1:30
1:35:00	13s	26s	53s	1:47	2:14	2:41	3:34	1:35
1:40:00	14s	28s	56s	1:52	2:21	2:49	3:45	1:40

■ **Fuelling Strategy** — Take a gel or energy source every 40 minutes on all long runs over 8 miles. Practice this on every long run so your body adapts. **Never try anything new on race day!** Test different gels, chews and drinks in training to find what works for you.

■ **Double Day Strategy (every other week)** — AM easy run keeps mileage high without adding stress. PM threshold session builds lactate tolerance on pre-fatigued legs. Keep AM very easy. Doubles at peak weeks 8 and 12, then every other week, dropping off in taper.

■ **Back-to-Back Weekends (weeks 8 and 12 only)** — Run warm up miles to parkrun on Saturday then race the 5K hard. Long run Sunday on tired legs simulates race day fatigue. Only twice in the plan to keep it sustainable. One of the most powerful tools for half marathon performance.

■ **Yasso 800s Explained** — Rep time in minutes:seconds predicts finish time in hours:minutes. Recovery jog = same time as rep. Build from 6 reps (week 9) to 10 reps (week 12). Hit 10x800m at target time — you're ready!