

ADVANCED TRAINING SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 M Run + RT*	7 x hill	3 M Run + RT*	30 Min Tempo	Rest	Rest	5 K Race
2	3 M Run + RT	8 x 400 5-K pace	3 M Run + RT*	40 Min Tempo	Rest	Rest	90 min run (3/1)
3	3 M Run + RT	8 x hill	3 M Run + RT*	45 Min Tempo	Rest	3 M Run	90 min run
4	3 M Run + RT	8 x 400 5-K pace	3 M Run + RT*	30 Min Tempo	Rest or easy run	Rest	10-K Race
5	3 M Run + RT	4 x 800 10-K pace	3 M Run + RT*	50 Min Tempo	Rest	4 M Pace	1hr 45 m run (3/1)
6	3 M Run + RT	3 x 1600 Race pace	3 M Run + RT*	30 Min Tempo	Rest	5 M Pace	1hr 45 m run
7	3 M Run + RT	5 x 800 10-K pace	3 M Run + RT*	55 Min Tempo	Rest or easy run	Rest	15 K Race
8	3 M Run + RT	4 x 1600 Race pace	3 M Run + RT*	60 Min Tempo	Rest	5 M Pace	2hr run (3/1)
9	3 M Run + RT	6 x 800 10-K pace	3 M Run + RT*	60 M Tempo	Rest	3 M Pace	2 hr Run
10	3 M Run + RT	6 x 400 5-K pace	2 M Run + RT*	Rest	Rest	RACE DAY!	

*RT : Resistance Training

Easy Runs: The runs on Mondays, Wednesdays and sometimes Fridays or Saturdays are designed to be done at a comfortable pace. If you're training with a friend, the two of you should be able to hold a conversation. For those wearing heart rate monitors, your target zone should be between 65 and 75 percent of your maximum pulse rate (220 - your age). Those runs marked 'pace' mean to use your "race pace" - the pace at which you expect to run the half marathon

Distance: The training schedule dictates workouts at distances, from 3 miles to two hours, the latter which (depending on your ability) may actually take you further than your half marathon race distance. When the prescribed workout (as on Sundays) is in hours rather than miles, forget distance entirely.

Long Runs: As an experienced runner, you probably already frequently do a long run of around 60-90 minutes. The schedule suggests a slight increase in time as you get closer to race date: from 90 minutes to 1:45 to two hours. And, yes, you may actually find yourself running further than 13 miles when you run two hours. Run at a comfortable, conversational pace, except on those days where a 3/1 run is prescribed. A 3/1 run is one in which you run the first three-fourths of the distance at a comfortable pace, then accelerate to near race pace over the last one quarter of the run.

Hills: Some hill training will help strengthen your quads and build speed and of course prepare you for the hilly areas on the Achill Run! Look for a hill between 200 and 400 meters long. Jog or walk an equal distance between each repeat.

Racing: Most experienced runners enjoy racing, so included are 2 races during the training period. You can use races to test your fitness and predict your finishing time in the half marathon. Please note there is no necessity to race if you do not wish to.

Speedwork: If you want to race at a fast pace, you need to train at a fast pace several days a week. The training schedule begins with 800-metre repeats, but also includes 1600-metre repeats in later weeks. Walk or jog between each repeat. You can do the 800 metre repeats on a track, although you may want to do the 1600 metre (mile) repeats on the road.

Tempo Runs: This is a continuous run with a build up in the middle to near 10-K race pace. A Tempo Run of 40 to 60 minutes would begin with 10-20 minutes easy running, build to 20-30 minutes near the middle, then 5-10 minutes easy toward the end. The pace build up should be gradual, not sudden, with peak speed coming about two-thirds into the workout. Hold that peak only for a minute or two. A Tempo Run can be as hard or easy as you want to make it. The times prescribed for Tempo Runs serve mainly as rough guidelines. Feel free to improvise.

Cross-Train: In this program cross-training is not included. That's because advanced runners are more focused on pure running than Novice or Intermediate runners. But if you find that cross-training helps you prevent injuries, or if you enjoy it, feel free to substitute cross-training on one or more of the easy days.

Strength training: Consists of use of free weights or working out with various machines at a health club. Runners generally benefit if they combine light weights with a high number of repetitions (i.e. training for endurance), rather than lifting very heavy weights.

Stretching: Post workout stretching is vital to keep your muscles from tightening leading to possible injury. Hold each stretch for 30 - 45 seconds for best effect.