



HALF MARATHON ADVANCED RUNNING PLAN

Orange Running Festival

WEEK 1

Day 1
5km run

Day 2
6x200m hill repeats

Day 3
5km run

Day 4
5MIN WU, 40MIN TEMPO, 5MIN CD

Day 5
REST

Day 6
5km run

Day 7
90min run

WEEK 2

Day 1
5km run

Day 2
5min WU, 7x400m, 5min CD

Day 3
5km run

Day 4
5min WU, 30min tempo, 5min CD

Day 5
REST

Day 6
5km pace

Day 7
90min run

WEEK 3

Day 1
5km run

Day 2
5min WU, 7x250m HILLS, 5min CD

Day 3
5km run

Day 4
5min WU, 30min tempo, 5min CD

Day 5
REST

Day 6
REST

Day 7
5KM HARD EFFORT

WEEK 4

Day 1
5km run

Day 2
5min WU, 8x400m, 5min CD

Day 3
5km run

Day 4
5min WU, 40min tempo, 5min CD

Day 5
REST

Day 6
6km easy run

Day 7
90min run





HALF MARATHON ADVANCED RUNNING PLAN

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WEEK 5

Day 1

5km run

Day 2

5min WU,
8x300m hill
repeats, 5min
CD

Day 3

5km run

Day 4

5MIN WU, 45MIN
TEMPO, 5MIN
CD

Day 5

REST

Day 6

6km run

Day 7

90min run

WEEK 6

Day 1

5km run

Day 2

5min WU,
8x400m, 5min CD

Day 3

5km run

Day 4

5min WU,
30min tempo,
5min CD

Day 5

REST

Day 6

REST

Day 7

10km hard

WEEK 7

Day 1

5km run

Day 2

5min WU, 4x800m
(2min rest
between), 5min
CD

Day 3

5km run

Day 4

5min WU,
45min tempo,
5min CD

Day 5

REST

Day 6

7km run

Day 7

1HR 45MIN RUN

WEEK 8

Day 1

5km run

Day 2

5min WU, 3x1600m
(2min rest
between), 5min CD

Day 3

5km run

Day 4

5min WU,
50min tempo,
5min CD

Day 5

REST

Day 6

8km easy run

Day 7

1hr 45min run





HALF MARATHON ADVANCED RUNNING PLAN

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WEEK 9

Day 1

5km run

Day 2

5min WU,
5x800m, 5min
CD

Day 3

5km run

Day 4

5MIN WU, 30MIN
TEMPO, 5MIN
CD

Day 5

REST

Day 6

REST

Day 7

15km hard

WEEK 10

Day 1

5km run

Day 2

5min WU, 5x800m
(2min rest
between), 5min
CD

Day 3

5km run

Day 4

5min WU,
50min tempo,
5min CD

Day 5

REST

Day 6

8km run

Day 7

2hr run

WEEK 11

Day 1

5km run

Day 2

5min WU, 6x800m
(2min rest
between), 5min
CD

Day 3

5km run

Day 4

5min WU,
60min tempo,
5min CD

Day 5

REST

Day 6

5km run

Day 7

2HR RUN

WEEK 12

Day 1

5km run

Day 2

5min WU, 6x400m
(1min rest
between), 5min CD

Day 3

5km run

Day 4

5min WU,
30min tempo,
5min CD

Day 5

REST

Day 6

ORF Shake-out run!

Day 7

RACE DAY

