

Hal Higdon: Half Marathon Advanced (miles)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 mi run	6 x hill	3 mi run	40 min tempo	Rest	3 mi run	90 min run (3/1)
2	3 mi run	7 x 400 5-K pace	3 mi run	45 min tempo	Rest	3 mi pace	90 min run
3	3 mi run	7 x hill	3 mi run	30 min tempo	Rest or easy run	Rest	5-K Race
4	3 mi run	8 x 400 5-K pace	3 mi run	40 min tempo	Rest	3 mi run	90 min run (3/1)
5	3 mi run	8 x hill	3 mi run	45 min tempo	Rest	3 mi pace	90 min run
6	3 mi run	8 x 400 5-K pace	3 mi run	30 min tempo	Rest or easy run	Rest	10-K Race
7	3 mi run	4 x 800 10-K pace	3 mi run	45 min tempo	Rest	4 mi pace	1:45 run (3/1)
8	3 mi run	3 x 1600 race pace	3 mi run	50 min tempo	Rest	5 mi pace	1:45 run
9	3 mi run	5 x 800 10-K pace	3 mi run	30 min tempo	Rest or easy run	Rest	15-K Race
10	3 mi run	4 x 1600 race pace	3 mi run	55 min tempo	Rest	5 mi pace	2:00 run (3/1)
11	3 mi run	6 x 800 10-K pace	3 mi run	60 min tempo	Rest	3 mi pace	2:00 run
12	3 mi run	6 x 400 5-K pace	2 mi run	30 min tempo	Rest	Rest	Half Marathon
							My race date:

[Check HalHigdon.com for updates and more training advice, and remember to return periodically to the Half Marathon Advanced page to get clarification on workouts.](#)

Hal Higdon: Half Marathon Advanced (kilometers)

[Train with TrainingPeaks.](#)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	4.8 km run	6 x hill	4.8 km run	40 min tempo	Rest	4.8 km run	90 min run (3/1)
2	4.8 km run	7 x 400 5-K pace	4.8 km run	45 min tempo	Rest	4.8 km pace	90 min run
3	4.8 km run	7 x hill	4.8 km run	30 min tempo	Rest or easy run	Rest	5-K Race
4	4.8 km run	8 x 400 5-K pace	4.8 km run	40 min tempo	Rest	4.8 km run	90 min run (3/1)
5	4.8 km run	8 x hill	4.8 km run	45 min tempo	Rest	4.8 km pace	90 min run
6	4.8 km run	8 x 400 5-K pace	4.8 km run	30 min tempo	Rest or easy run	Rest	10-K Race
7	4.8 km run	4 x 800 10-K pace	4.8 km run	45 min tempo	Rest	6.4 km pace	1:45 run (3/1)
8	4.8 km run	3 x 1600 race pace	4.8 km run	50 min tempo	Rest	8.1 km pace	1:45 run
9	4.8 km run	5 x 800 10-K pace	4.8 km run	30 min tempo	Rest or easy run	Rest	15-K Race
10	4.8 km run	4 x 1600 race pace	4.8 km run	55 min tempo	Rest	8.1 km pace	2:00 run (3/1)
11	4.8 km run	6 x 800 10-K pace	4.8 km run	60 min tempo	Rest	4.8 km pace	2:00 run
12	4.8 km run	6 x 400 5-K pace	3.2 km run	30 min tempo	Rest	Rest	Half Marathon
							My race date:

[Check HalHigdon.com for updates and more training advice, and remember to return periodically to the Half Marathon Advanced page to get clarification on workouts.](#)