



Royal Parks
Half

Presented by



Royal Bank
of Canada



YOUR 16-WEEK HALF MARATHON **ADVANCED TRAINING PLAN**

This plan builds on being a being comfortable running 10-15km regularly. Built around four runs per week, it focuses on adding speed work to improve your running efficiency, as well as getting you past the half marathon distance to allow your best performance on race day.

BASE BUILDING

When building the time on your feet during the Sunday Endurance Runs, think about your route. You can use the session to explore with friends. Head to your local park and map out a route. Running loops can be a great way to focus your pacing and know that you're not too far away from home should you need to cut the session short.

WEEKS 1-4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST DAY	5 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	4 Miles Recovery Run (Optional)	8 Miles Endurance Run
WEEK 2	REST DAY	5 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	4 Miles Recovery Run (Optional)	9 Miles Endurance Run
WEEK 3	REST DAY	5 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	4 Miles Tempo Run	10 Miles Endurance Run
WEEK 4	REST DAY	5 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	5 Miles Recovery Run (Optional)	10 Miles Endurance Run

ENDURANCE

This block of training focuses on cementing Endurance into the legs. Doing a timed 5K at your local park is a fantastic way to test your legs over a shorter distance, and the competitive aspect can help you deal with race day nerves.

WEEKS 5-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	7 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	4 Miles Recovery Run (Optional)	11 Miles Endurance Run
WEEK 6	REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	7 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	5 Miles Tempo Run	11 Miles Endurance Run
WEEK 7	REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	8 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	5 Miles Recovery Run (Optional)	12 Miles Endurance Run
WEEK 8	REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	8 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	5 Miles Tempo Run	12 Miles Endurance Run

ENDURANCE & SPEED

This block adds some race specific work into the rotation and sees the introduction of speed work. We should be feeling comfortable running for over an hour now, so we will continue to increase our long run to its peak before tapering off towards race day.

WEEKS 9-12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	REST DAY	7 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Fartlek 20 Minute Warm Up 10 x 1 Minute Hard 1 Minute Easy 20 Minute Cool Down	STRENGTH TRAINING OR REST DAY	6 Miles Recovery Run	12 Miles Endurance Run
WEEK 10	REST DAY	7 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	8 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	6 Miles Tempo Run	13 Miles Endurance Run
WEEK 11	REST DAY	7 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	8 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	6 Miles Tempo Run	14 Miles Endurance Run
WEEK 12	REST DAY	7 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Fartlek 20 Minute Warm Up 10 x 1 Minute Hard 1 Minute Easy 20 Minute Cool Down	STRENGTH TRAINING OR REST DAY	7 Miles Recovery Run (Optional)	13 Miles Endurance Run

RACE READY!

This is the final block of training. We have a couple of hard weeks followed by a taper and race day. It's important to listen to your body throughout this block. The most important thing is to feel strong when we get to the start line, so if you feel that an extra rest day would be beneficial, take it.

WEEKS 13-16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 13	REST DAY	7 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	9 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	6 Miles Recovery Run	14 Miles Endurance Run
WEEK 14	REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	60 Mins Fartlek 20 Minute Warm Up 10 x 1 Minute Hard 1 Minute Easy 20 Minute Cool Down	STRENGTH TRAINING OR REST DAY	5 Miles Tempo Run	10 Miles Dress Rehearsal Endurance Run
WEEK 15	REST DAY	5 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	6 Miles Steady Jog	STRENGTH TRAINING OR REST DAY	4 Miles Recovery Run	7 Miles Endurance Run
WEEK 16	REST DAY	3 Miles Steady Jog	REST DAY	4 Miles Steady Jog	REST DAY	3 Miles Low Intensity Run	RACE DAY!