

ADVANCED TRAINING PLAN

GLOSSARY

EASY RUNS

During your easy runs, don't worry about targeting a certain pace. Just focus on keeping the run controlled, you should be able to maintain a conversation the entire time you are running.

STEADY RUNS

This pace should feel comfortable, but harder than your easy pace.

TEMPO RUNS

This pace should feel harder than your steady pace, but it is not an all out effort. You should be able to maintain this pace for around 30 minutes.

TARGET PACE

This is the pace you need to run to achieve a specific time during your race. For example, for a 2 hour half marathon you will need to run an average pace of 9.09 minute miles/5.41 minute km.

LONG RUNS

The majority of your long runs should be at an easy, comfortable pace. If this is your first half marathon then just focus on time on feet rather than hitting a certain pace or distance goal.

PROGRESSION RUNS

These runs will start at an easy pace, and during the run you will get progressively faster until you reach your target race pace.

INTERVALS

These are the runs where you will really push yourself, aim for a pace that is similar to your 5k pace.

STRIDES

Aim for 3 x 20s strides at around 85-90% efforts. These are short bursts of faster running + help to improve your form and running economy.

WARM UP + COOL DOWN

Very easy paced run before + after a harder session.

**SCAN TO
DOWNLOAD
COOPAH'S
COACHING
APP!**





16 WEEK ADVANCED HALF MARATHON TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 01	EASY 3 MILES	REST	10 MIN WARM UP 8 X 1 MIN ON OFF 10 MIN COOL DOWN	REST	REST	STEADY 3 MILES	6 MILE LONG RUN
WEEK 02	EASY 3 MILES	REST	10 MIN EASY 15 MIN TEMPO 10 MIN EASY	REST	REST	STEADY 3 MILES	8 MILE LONG RUN
WEEK 03	EASY 4 MILES	REST	10 MIN WARM UP 5 X 2 MIN ON/90s OFF 10 MIN COOL DOWN	REST	REST	STEADY 4 MILES	10 MILE LONG RUN
WEEK 04	EASY 3 MILES	REST	10 MIN WARM UP 2 X 10 MIN TEMPO (3 MIN RECOVERY) 10 MIN COOL DOWN	REST	REST	8 MILE LONG RUN	REST
WEEK 05	EASY 5 MILES	REST	10 MIN WARM UP 25 MIN FARTLEK 10 MIN COOL DOWN	STEADY 5 MILES	REST	10 MIN WARM UP 3 MILES AT HM PACE (4 X 3 MIN EFFORT, 60S RECOVERY) 10 MIN COOL DOWN	10 MILE LONG RUN
WEEK 06	EASY 5 MILES	REST	10 MIN WARM UP 5 X 3 MIN ON/60S OFF 10 MIN COOL DOWN	STEADY 5 MILES	REST	EASY 5 MILES	3 MILES EASY 4 MILE AT HM PACE 3 MILES EASY



**NOT SURE HOW TO WORK OUT YOUR PACE?
LET COOPAH PROVIDE PERSONALISED PACING
FOR EVERY RUN. SCAN THE QR CODE TO START!**




	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 07	EASY 6 MILES	REST	10 MIN WARM UP 10 X 1 MIN ON/OFF 10 MIN COOL DOWN	STEADY 5 MILES	REST	PROGRESSION RUN - 15 MIN BLOCKS	12 MILE LONG RUN
WEEK 08	EASY 4 MILES	REST	10 MIN WARM UP 3 X 8 TEMPO (3 MIN RECOVERY) 10 MIN COOL DOWN	STEADY 3 MILES	REST	12 MILE LONG RUN	REST
WEEK 09	EASY 6 MILES	REST	10 MIN WARM UP 12 X 3 MIN ON/OFF 10 MIN COOL DOWN	STEADY 6 MILES	REST	EASY 5 MILES	PROGRESSION RUN (5 MILES EASY, 5 MILES STEADY, 2 MILES EASY)
WEEK 10	EASY 7 MILES	REST	10 MIN WARM UP 6 X 6 MIN TEMPO (2 MIN RECOVERY) 10 MIN COOL DOWN	STEADY 6 MILES	REST	10 MIN WARM UP 3 MILES AT HM PACE 4 X 3 MIN EFFORT/60S RECOVERY) 3 MILES HM PACE 10 MIN COOL DOWN	10 MILE LONG RUN
WEEK 11	EASY 7 MILES	REST	10 MIN EFFORT 7 X 5 MIN EFFORT 10 MIN COOL DOWN	STEADY 6 MILES	REST	10 MIN WARM UP 30 MIN FARTLEK 10 MIN COOL DOWN	12 MILE LONG RUN
WEEK 12	EASY 3 MILES	REST	PROGRESSION RUN - 15 MIN	STEADY 3 MILES	REST	10 MILE LONG RUN	REST
WEEK 13	EASY 4 MILES	REST	10 MIN WARM UP 25 MIN FARTLEK 10 MIN COOL DOWN	STEADY 5 MILES	REST	EASY 5 MILES	3 MILES EASY 6 MILES AT HM PACE 3 MILES EASY



**MISSED A SESSION AND NOT SURE WHAT TO DO?
THE COOPAH COACHING APP AUTOMATICALLY
UPDATES YOUR PLAN. DOWNLOAD VIA THE QR CODE.**



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 14	EASY 4 MILES	REST	10 MIN WARM UP 3 MILES AT HM PACE (4 X 3 MIN EFFORT, 60S RECOVERY) 10 MIN COOL DOWN	EASY 5 MILES	REST	STEADY 5 MILES	10 MILE LONG RUN
WEEK 15	EASY 3 MILES	REST	TAPER - 1 MILE EASY 2 MILES AT TARGET PACE 2 MILES EASY	STEADY 3 MILES	REST	8 MILE LONG RUN	REST
WEEK 16	EASY 3 MILES	REST	30 MIN + STRIDES	REST	REST	20 MIN + STRIDES	RACE DAY!
 GETTING FASTER BUT WONDERING HOW TO PROGRESS? SCAN THE QR CODE TO START!							

**WELL DONE
& GOOD LUCK
FROM COOPAH**

COOPAH.COM