

COO:PAH

ROYAL PARKS HALF MARATHON  
TRAINING PLAN: ADVANCED

 Half

## GLOSSARY

### EASY RUNS

Controlled pace where you can maintain a conversation. Focus on comfort, not speed.

### STEADY RUNS

Comfortable but harder than easy pace.

### TEMPO RUNS

Harder than steady pace but sustainable for ~30 mins. Not all-out.

### TARGET PACE

Specific pace for goal race time (e.g., 2-hour half marathon = 9.09 min/mile or 5.41 min/km).

### FARTLEK RUN

Continuous run alternating 2:30 at 5K pace with 2:30 steady pace, repeated.

### LONG RUNS

Easy, comfortable pace. Focus on time on feet rather than distance or pace.

### PROGRESSION RUNS

Start easy, gradually increase to target race pace.

### INTERVALS

High effort, aim for 5K pace.

### STRIDES

3 × 20s at 85–90% effort. Improves form and running economy.

### WARM UP + COOL DOWN

Very easy pace before and after harder sessions.

[CLICK HERE OR SCAN THE QR CODE TO ACCESS YOUR PERSONALISED ROYAL PARKS TRAINING PLAN POWERED BY COOPAH. USE THE CODE 'ROYALPARKS' FOR TWO WEEKS FREE.](#)



## HALF MARATHON: ADVANCED

|         | MONDAY            | TUESDAY | WEDNESDAY   | THURSDAY                | FRIDAY | SATURDAY   | SUNDAY   |
|---------|-------------------|---------|---|-------------------------|--------|--|--|
| WEEK 01 | Easy Run: 3 Miles | Rest    | The Antwerp: 8 × 1min with 1 minute off between each  | Strength & Conditioning | Rest   | Steady Run: 5min Easy, 3 Miles @ Steady, 5min Easy | Long Run: 6 Miles                                      |
| WEEK 02 | Easy Run: 3 Miles | Rest    | Tempo Run: 35min (15min @ Tempo)  | Strength & Conditioning | Rest   | Steady Run: 5min Easy, 3 Miles @ Steady, 5min Easy | Long Run: 8 Miles                                      |
| WEEK 03 | Easy Run: 4 Miles | Rest    | Los Angeles: 5 × 2min efforts with 90 seconds recovery  | Strength & Conditioning | Rest   | Steady Run: 5min Easy, 4 Miles @ Steady, 5min Easy | Long Run: 10 Miles                                     |
| WEEK 04 | Easy Run: 3 Miles | Rest    | Tempo Run: 2 × 10min with 2 minutes recovery in between   | Strength & Conditioning | Rest   | Long Run: 8 Miles                                  | Mobility & Flexibility                                 |
| WEEK 05 | Easy Run: 5 Miles | Rest    | The Auckland: 25min Fartlek   | Strength & Conditioning | Rest   | The Paris: 3 Miles @ Target + 4 × 3min             | Long Run: 10 Miles                                     |
| WEEK 06 | Easy Run: 5 Miles | Rest    | The Copenhagen: 3 × 6min/3min. Take 1 minute recovery after each 6 minute rep and 2 minutes after each 3 minute rep | Strength & Conditioning | Rest   | Easy Run: 5 Miles                                  | Long Run: 3 Miles Easy, 4 Miles @ Target, 3 Miles Easy |
| WEEK 07 | Easy Run: 6 Miles | Rest    | The St Moritz: 10 × 1min (Hills) with 2 minute jog or walk recoveries   | Strength & Conditioning | Rest   | Steady Run: 5min Easy, 5 Miles @ Steady, 5min Easy | Long Run: 12 Miles                                     |
| WEEK 08 | Easy Run: 4 Miles | Rest    | Tempo Run: 3 × 8min   | Strength & Conditioning | Rest   | Long Run: 12 Miles                                 | Mobility & Flexibility                                 |

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|---------|-------------------------------|---------|---|-------------------------|--------|---|--|
| WEEK 09 | Easy Run: 6 Miles             | Rest    | The Kingston: 12 × 3min with 1 minute recovery  | Strength & Conditioning | Rest   | Easy Run: 5 Miles                                       | Long Run: 12 Miles (5 Miles @ Steady)                  |
| WEEK 10 | Easy Run: 7 Miles             | Rest    | Tempo Run: 6 × 6min with 2 minute recoveries  | Strength & Conditioning | Rest   | The Sopot: 3 Miles @ Target, 4 × 3min, 3 Miles @ Target | Long Run: 10 Miles                                     |
| WEEK 11 | Easy Run: 7 Miles             | Rest    | The Oslo: 7 × 5min intervals with 90 seconds recovery   | Strength & Conditioning | Rest   | Steady Run: 5 Mile Effort (+ Hills)                     | Long Run: 12 Miles                                     |
| WEEK 12 | Easy Run: 4 Miles             | Rest    | Progression Run: 15min Blocks. Start at easy pace, shift to steady pace, and finish at half marathon pace before cooling down | Strength & Conditioning | Rest   | Long Run: 10 Miles                                      | Mobility & Flexibility                                 |
| WEEK 13 | Easy Run: 5 Miles             | Rest    | The Gothenburg: 20min Fartlek   | Strength & Conditioning | Rest   | Easy Run: 5 Miles                                       | Long Run: 3 Miles Easy, 6 Miles @ Target, 3 Miles Easy |
| WEEK 14 | Easy Run: 4 Miles             | Rest    | The Paris: 3 Miles @ Target + 4 × 3min with 90 seconds recovery   | Strength & Conditioning | Rest   | Steady Run: 5min Easy, 5 Miles @ Steady, 5min Easy      | Long Run: 10 Miles                                     |
| WEEK 15 | Easy Run: 3 Miles (+ Strides) | Rest    | Taper Run: 1 Mile Easy, 2 Miles @ Target, 2 Miles Easy  | Strength & Conditioning | Rest   | Long Run: 8 Miles                                       | Mobility & Flexibility                                 |
| WEEK 16 | Easy Run: 3 Miles (+ Strides) | Rest    | Easy Run: 30min (+ Strides)   | Strength & Conditioning | Rest   | Easy Run: 20mins (+ Strides)                            | Race Day   |

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WELL DONE & GOOD LUCK  
FROM COOPA

The logo for 'Half' features a small crown icon above the letter 'a' in the word 'Half', which is rendered in a bold, white, sans-serif font.