

# 6 Week Half Marathon Plan

**M**

**T**

**W**

**Th**

**F**

**Sa**

**Su**

**Week 1**

Speed Work  
3 x 1 Mile Repeats

Strength  
Training

5-Mile Tempo Run

Speed Work: Strides  
3 Miles With 10 Strides  
of 30 Seconds

Rest

Long Run - 10 Miles

Rest

**Week 2**

Speed Work  
6 x 800m Repeats

Strength  
Training

7-Mile Tempo Run

Speed Work: Strides  
3 Miles With 15 Strides  
of 45 Seconds

Rest

Long Run - 11 Miles

Rest

**Week 3**

Speed Work  
4 x 1 Mile Repeats

Strength  
Training

5-Mile Tempo Run

Speed Work: Strides  
3 Miles With 20 Strides  
of 30 Seconds

Rest

Long Run - 12 Miles

Rest

**Week 4**

Speed Work  
8 x 400m Repeats

Strength  
Training

3-Mile Tempo Run

Speed Work: Strides  
3 Miles With 20 Strides  
of 45 Seconds

Rest

Long Run - 13 Miles

Rest

**Week 5**

Speed Work  
5 x 1 Mile Repeats

Strength  
Training

7-Mile Tempo Run

Speed Work: Strides  
3 Miles With 30 Strides  
of 15 Seconds

Rest

Long Run - 11 Miles

Rest

**Week 6**

Speed Work  
8 x 800m Repeats

Strength  
Training

3-Mile Tempo Run

Speed Work: Strides  
3 Miles With 10 Strides  
of 30 Seconds

Rest

Long Run - 10 Miles

Rest

**Trainer's Notes:**

To do this plan you should already be able to run a half marathon, or very very close to it (no less than 10 miles continuously). This plan is intended for advanced runners who are looking to improve their half marathon time.

Since this plan is only 6 weeks in length, there is no built-in deload week. You are encouraged to schedule a deload week for the week prior to race day.

Strength training methods are of choice, but you're highly encouraged to focus on complementary training, which in the case of high-volume running is low-volume and explosive strength training. Heavy compound exercises for sets of 3 to 5 reps and plyometric exercises are good examples.