

Advanced Beginner Half Marathon Training Schedule

Get ready to Run a Half Marathon in 20 Weeks

By [Eunan Quinn](#) 2018

You've already run at least one [half marathon](#) (13.1 miles) road race, or you've done a 5k or a 10k and you're ready to race a half marathon. If the [beginner runner half marathon schedule](#) seems too easy, try this advanced beginner half marathon schedule (see chart below).

This schedule is geared toward runners who can run 4 miles comfortably and can run 4 days a week. Include some hilly terrain in your training. This adds strength and prepares you for any hilly courses.

Notes about the schedule:

Mondays and Fridays: Mondays and Fridays are usually rest days. Don't ignore rest days - they are important to your recovery and [injury prevention](#) efforts. Your muscles build and repair themselves during your rest days. You're not going to gain much strength and you're increasing your risk of injury if you don't take some rest days.

Tuesdays and Saturdays: After [you warm up](#), run at a comfortable pace for the designated mileage.

Thursdays: At week 6, you'll start to do race pace runs. After a one-mile warm up (WU), run for the indicated distance at your half-marathon race pace (RP). Then run a one-mile cooldown (CD) at your easy, conversational pace. 1mi WU / 1mi RP/ 1 mi CD. If you're not sure what your half marathon pace is, run at a speed that you think you can hold for 13.1 miles.

Sundays: Sundays are active recovery days. Run at an easy (EZ), comfortable pace to help loosen up your muscles.

Note:

You can switch days to accommodate your schedule. So, if you prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.

Advanced Beginner Half-Marathon Training Schedule

Week	Monday	Tuesday	Wed	Thur	Friday	Sat	Sunday
1 Feb 19	Rest	3 mi	CT	4 mi	Rest	4 mi	2 mi EZ
2	Rest	3 mi	CT	4 mi	Rest	4 mi	2 mi EZ
3	Rest	3 mi	CT	4 mi	Rest	5 mi	2.5 mi EZ
4	Rest	3 mi	CT	5 mi	Rest	5 mi	2.5 mi EZ
5	Rest	3.5 mi	CT	5 mi	Rest	6 mi	3 mi EZ
6	Rest	3.5 mi	CT	1 mi WU / 1 mi race / 1mi CD	Rest	6 mi	Rest

7	Rest	4 mi	CT	1 / 2 / 1	Rest	6 mi	3 mi EZ
8	Rest	4 mi	CT	1 / 2 / 1	Rest	6 mi	3 mi EZ
9	Rest	4 mi	CT	1 / 2 / 1	Rest	7 mi	3.5 mi EZ
10	Rest	4 mi	CT	1 / 3 / 1	Rest	8 mi	3.5 mi EZ
11	Rest	4 mi	CT	1 / 3 / 1	Rest	6 mi	4 mi EZ
12	Rest	4.5 mi	CT	1 / 3 / 1	Rest	9 mi	Rest
13	Rest	5 mi	CT	1 / 3 / 1	Rest	6 mi	4 mi EZ
14	Rest	5 mi	CT	1 / 4 / 1	Rest	10 mi	4 mi EZ
15	Rest	5 mi	CT	1 / 4 / 1	Rest	8 mi	4 mi EZ
16	Rest	5 mi	CT	1 / 4 / 1	Rest	11 mi	4 mi EZ
17	Rest	4.5 mi	CT	1 / 5 / 1	Rest	8 mi	Rest
18	Rest	4 mi	CT	1 / 3 / 1	Rest	12 mi	3 mi EZ
19	Rest	4 mi	CT	1 / 2 / 1	Rest	5 mi	3 mi EZ
20	Rest	1 mi WU/ 1.5 RP / 1 mi CD	Rest	30 minutes	Rest	20 minutes	RACE!

