



*EILISH MCCOLGAN'S*

**HALF MARATHON  
ADVANCED**

**12 WEEK TRAINING PLAN**

## Week 1

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	35 min easy run	How fast is easy running? An easy run is moving along at a pace where you could hold a short conversation with someone running next to you.
WED	REST	
THURS	35 min easy run	
FRI	REST	
SAT	25 min easy run	At this stage the key is to get into a routine of training. Try to stick to the plan as much as possible, but it's fine to switch days around to fit in with your lifestyle.
SUN	50 min easy run	

## Week 2

MON	REST	
TUE	35 min easy run	Interval training involves alternating periods of high-intensity effort with periods of low-intensity effort, which is called the recovery. In this case the 3mins are the higher intensity periods and the 2mins the recovery.
WED	REST	
THURS	3 x 6 min efforts @ between your 10K & HM pace; 2.5 min walk/jog recovery	Before each session, jog for at least 8-10 minutes to raise your blood temperature, increase bloodflow to the muscles and psyche yourself up for fast running.
FRI	REST	
SAT	25 min easy run	
SUN	60 min easy run	Recovery is key to ensure training adaptations and prevent injuries associated with over use. Therefore after today's run rest is important to ensure training adaptations occur.

## Week 3

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	35 min easy run	
WED	REST	
THURS	Tempo run: 20 min hard even effort	When aiming for pace, focus on getting into a rhythm that feels comfortable and sustainable for the chosen distance. Tempo runs are a great favourite of elite athletes world wide.
FRI	REST	
SAT	25 min easy run	Easy runs are a great form of active recovery.
SUN	50 min easy run	

## Week 4

MON	REST	
TUE	35 min easy run	
WED	REST	
THURS	5 x 3 min efforts @ you 10K pace; 2 min walk/jog recovery	Interval work takes more effort and willpower than going out for an easy jog. It's much easier and more fun to train with someone else.
FRI	REST	
SAT	25 min easy run	
SUN	60 min easy run	The smarter you train, the better your odds of achieving your goal.

## Week 5

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	35 min easy run	
WED	REST	
THURS	4 x 6 min @ your 10 mile pace; 3 min walk/jog recovery	Speedwork doesn't just make you run faster. It makes you fitter, increases the range of movement in your joints, makes you more comfortable at all speeds, and it will ultimately help you to run harder for longer.
FRI	REST	
SAT	25 min easy run	
SUN	50 min easy run	As the volume of your training increases, remember to keep your energy levels up by eating well and getting a good night's sleep when you can.

## Week 6

MON	REST	
TUE	30 min easy run	
WED	REST	
THURS	30 min easy run	
FRI	REST	
SAT	25 min easy run	
SUN	30 min easy run	Research shows that those who engage in regular physical activity require more protein to help with adaptation. What's more, high-protein intake has been shown to help maintain a strong immune system.

## Week 7

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	35 min easy run	
WED	REST	
THURS	10 x 1 min efforts @ your 3K pace; 75 sec walk/jog recovery	Try to run as near to the specified pace as you can. By running at the correct pace your body will become accustomed to using the energy systems which allows you to run at speed. Remember you have 10 intervals to do so you must judge your effort to ensure the last interval covers approximately the same distance as the first interval.
FRI	REST	
SAT	25 min easy run	
SUN	70 min easy run	If you run on roads, make sure you're running in the opposite direction of cars. You'll be much safer if you can see cars coming at you rather than having them at your back.

## Week 8

MON	REST	
TUE	35 min easy run	
WED	REST	
THURS	10min + 8min + 5min @ your 10 mile pace; 3 min walk/jog recovery	This session needs concentration. Think about your pace and try to stay relaxed and confident that you will be able to sustain your speed for the full distance in a race situation.
FRI	REST	
SAT	25 min easy run	
SUN	80 min easy run	Easy runs are a great way to build aerobic strength, which is the foundation for your best performances from 5k to the marathon, while also serving as active recovery following harder sessions.

## Week 9

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	35 min easy run	
WED	REST	
THURS	40 min run @ steady relaxed 3/4 effort	Steady running is vital to improve aerobic fitness while also serving as active recovery from harder runs.
FRI	REST	
SAT	25 min easy run	
SUN	90 min easy run	Think of a long run as a dress rehearsal for your race. It helps build a resistance to fatigue while also teaching the body to burn fat as it's main fuel source.

## Week 10

MON	REST	
TUE	30 min easy run	
WED	REST	
THURS	4 x 10 mins at your HM goal pace; 3 min walk/jog recovery. You should be relaxed, in control	Due to the principle of specific adaption, the closer you can perform exercise that mimics the exact demands you're training for, the better you'll become at that specific exercise. That's why race pace training is vital.
FRI	REST	
SAT	25 min easy run	
SUN	60 min easy run	Fatigue or soreness should fade within a day, even after long runs. If you have lingering pain, take an extra day off.

## Week 11

DAY	ACTIVITY	EILISH'S TIPS
MON	REST	
TUE	35 min easy run	
WED	REST	
THURS	50 min easy run	Try running with someone or a group just a bit quicker than you to help push you on and get the most from your training.
FRI	REST	
SAT	25 min easy run	
SUN	45 min easy run	

## Week 12

MON	REST	
TUE	30 min easy run	You can't gain by training hard in the last week so the key is to stay fresh and get ready for event day.
WED	REST	
THURS	25 min easy run	
FRI	REST	
SAT	10 min easy jog or rest	A short run the day before the race will not tire you out or negatively impact your performance in any way. It helps by getting the muscles loose and the body prepared to run hard the following day.
SUN	<b>Event Day</b>	Don't go off too fast, pace yourself and be proud of your achievements so far and enjoy your big day!