PB PROTOCOL

TRAINING PROGRAM

HALF-MARATHON (ADVANCED)

BY HOKA

PB PROTOCOL

YOUR 12-WEEK HALF-MARATHON ADVANCED TRAINING PLANS

This plan is designed for runners with previous half-marathon experience, giving you every opportunity of running a new personal best. Not sure you're ready? Check out our half-marathon training plan for beginners.

Don't forget your warm-up and warm-down:
Start and end each training session
with a 5 minute walk to help you warm-up and cool-down your muscles, minimizing the risk of injury.

HALF-MARATHON (ADVANCED)

BY HOKA

WEEK 1

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 50 mins

Easy run 40 mins

TUESDAY
Total time: 1 hour

- Steady run 45 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY
Total time: 1 hour

- 100m stride, 100m walk

  Repeat 2/3x

- 1km run at 10km race pace, 200m walk

  Repeat 10x

THURSDAY

Rest

FRIDAY
Total time: 55 mins

Easy/steady run 45 mins

SATURDAY

- 10 mins warm-up
- 10km at half-marathon pace
- 10 mins cool-down

SUNDAY
Total time: 1 hour 40 mins

Easy run 90 mins

WEEK 2

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 50 mins

Easy run 50 mins

TUESDAY
Total time: 1 hour 10 mins

- Steady run 50 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY
Total time: 1 hour

- Easy run 2km
- 100m stride, 100m walk Repeat 2/3x
- 1 min run at 10km race pace, 30s walk Repeat 20x (increase pace slowly)
- Easy run 2km

THURSDAY

Rest

FRIDAY
Total time: 1 hour 10 mins

Easy/steady run 50 mins

SATURDAY

- 10 mins warm-up
- 10km at half-marathon pace
- 10 mins cool-down

SUNDAY
Total time: 1 hour 40 mins

Easy run 90 mins

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WEEK 3

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: **1 hour 20 mins**

Easy run 60 mins

TUESDAY
Total time: **1 hour 20 mins**

- Steady run 60 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY

- Easy run 2km
- 100m stride, 100m walk Repeat 2/3x
- 1,5km run at 10km race pace, 3 mins walk Repeat 5x
- Easy run 2km

THURSDAY

Rest

FRIDAY
Total time: **1 hour 20 mins**

Easy/steady run 60 mins

SATURDAY

- 10 mins warm-up
- 10km at half-marathon pace
- 10 mins cool-down

SUNDAY
Total time: **1 hour 40 mins**

Easy run 90 mins

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WEEK 4

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
- 10 mins warm-up
- 10km easy run
- 10 mins cool-down

TUESDAY
- 10 mins warm-up
- 10km easy run
- 100m stride, 100m walk Repeat 4x
- 10 mins cool-down

WEDNESDAY
Total time: 1 hour
- 10 mins Fartlek warm-up

- 5 mins run at half-marathon pace, 30s walk
- 4 mins run at half-marathon pace, 30s walk
- 3 mins run at half-marathon pace, 30s walk
- 2 mins run at half-marathon pace, 30s walk
- 1 mins run at half-marathon pace, 30s walk
- 3 mins rest

Repeat 2x

- 10 mins easy jog cool-down

THURSDAY
Rest

FRIDAY
- 10 mins warm-up
- 10km easy run
- 10 mins cool-down

SATURDAY
Total time: 1 hour 20 mins
Easy/steady run 60 mins

SUNDAY
Total time: 1 hour 40 mins
Easy run 90 mins

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WEEK 5

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: **1 hour 20 mins**

Easy run 60 mins

TUESDAY
Total time: **1 hour 25 mins**

- Easy/steady run 60 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 2km run at 10km race pace, 3 mins walk Repeat 5x
- Easy run 10 mins

THURSDAY

Rest

FRIDAY

- 10 mins warm-up
- 10km easy/steady run
- 10 mins cool-down

SATURDAY

- 10 mins warm-up
- 5km at half-marathon pace, 3 mins recovery walk/run
- 5km at 10k race pace, 3 mins recovery walk/run
- 5km at half-marathon pace
- 10 mins cool-down

SUNDAY
Total time: **1 hour 40 mins**

Easy/steady run 90 mins

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WEEK 6

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: **1 hour 20 mins**

Easy run 60 mins

TUESDAY
Total time: **1 hour 25 mins**

- Easy/steady run 60 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 1 min run at 10km race pace, 30s walk Repeat 24x
- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: **1 hour 10 mins**

60 mins easy/steady run

SATURDAY
Total time: **55 mins**

- 15 mins easy run
- 15 mins at half-marathon pace
- 15 mins at 10k race pace

SUNDAY
Total time: **1 hour 40 mins**

Easy/steady run 90 mins

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WEEK 7

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 1 hour 20 mins

Easy run 60 mins

TUESDAY
Total time: 1 hour

- Steady run 45 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY
Total time: 1 hour

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x

- 3 mins run at 10km race pace, 60s walk
- 2 mins run at 10km race pace, 60s walk
- 1 min run at 10km race pace, 60s walk
- 2 mins rest

Repeat 5x

- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 1 hour 10 mins

60 mins easy/steady run

SATURDAY
Total time: 55 mins

- 10 mins easy run
- 10km run at 10km race pace
- 10 mins easy run

SUNDAY
Total time: 1 hour 40 mins

Easy/steady run 90 mins

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WEEK 8

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 50 mins

Easy run 40 mins

TUESDAY
Total time: 1 hour

- Easy/steady run 45 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY
Total time: 55 mins

- 15 mins easy run
- 15 mins at half-marathon pace
- 15 mins at 10km pace

THURSDAY

Rest

FRIDAY
Total time: 1 hour 10 mins

60 mins easy/steady run

SATURDAY
Total time: 55 mins

- 10 mins easy run
- 1 min run at 10km race pace, 30s walk Repeat 16x
- 6,5km mins at half-marathon pace
- 10 mins easy run

SUNDAY
Total time: 1 hour 40 mins

Easy/steady run 90 mins

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WEEK 9

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: **1 hour 10 mins**

Easy run 60 mins

TUESDAY
Total time: **1 hour 15 mins**

- Easy/steady run 60 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 2km run, 3 mins jog recovery Repeat 6x
  (alternating half-marathon and 10km race pace)
- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: **1 hour 10 mins**

60 mins easy/steady run

SATURDAY
Total time: **1 hour 10 mins**

- 30 mins easy run
- 30 mins half-marathon pace

SUNDAY
Total time: **1 hour 40 mins**

Easy/steady run 90 mins

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WEEK 10

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: **1 hour 10 mins**

Easy run 60 mins

TUESDAY
Total time: **1 hour 15 mins**

- Easy/steady run 60 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 1,5km run, 3 mins jog recovery Repeat 6x
  (alternating half-marathon and 10km race pace)
- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: **1 hour 10 mins**

60 mins easy/steady run

SATURDAY
Total time: **1 hour 10 mins**

1 min run at 10km race pace, 30s walk
(increasing to 5 km pace)

Repeat 24x

SUNDAY
Total time: **1 hour 40 mins**

Easy/steady run 90 mins

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WEEK 11

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 1 hour 10 mins

Easy run 60 mins

TUESDAY
Total time: 1 hour 15 mins

- Easy/steady run 60 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x
- 1km run, 200m jog recovery Repeat 10x
  (alternating half-marathon and 10km race pace)
- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 55 mins

45 mins easy/steady run

SATURDAY
Total time: 1 hour 10 mins

- Easy run 10 mins
- 5km at half-marathon pace
- 3 minute recovery jog
- 5km at 10km race pace
- Easy run 10 mins

SUNDAY

16km easy/steady run

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WEEK 12

HALF-MARATHON PROGRAM (ADVANCED)

MONDAY
Total time: 50 mins

Easy run 40 mins

TUESDAY
Total time: 55 mins

- Easy/steady run 40 mins
- 100m stride, 100m walk Repeat 4x

WEDNESDAY

- Easy run 10 mins
- 100m stride, 100m walk Repeat 2/3x

- 5 mins run at 10km race pace, 1 min walk
- 4 mins run at 10km race pace, 1 min walk
- 3 mins run at 10km race pace, 1 min walk
- 2 mins run at 10km race pace, 1 min walk
- 1 min run at 10km race pace, 1 min walk
- 3km run at half-marathon pace

- Easy run 10 mins

THURSDAY

Rest

FRIDAY
Total time: 45 mins

35 mins easy/steady run

SATURDAY
Total time: 45 mins

- 30 mins easy run
- 100m stride, 100m walk Repeat 2/3x

SUNDAY

Half-marathon day!

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