



RUN · ADVANCED

Advanced *Half* *marathon*



12-Week Advanced Half Marathon Plan

Race a fast half off high volume and race-pace long runs.

EVENT

Half marathon

LEVEL

Advanced

LENGTH

12 weeks

DAYS / WEEK

6



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 12 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Recovery Run 30 min continuous	30 min
Tue	Easy Run 34 min continuous · 5 min warm-up · 5 min cool-down	44 min
Wed	Long Run 54 min continuous · 5 min warm-up · 5 min cool-down	64 min
Thu	Easy Run 34 min continuous · 5 min warm-up · 5 min cool-down	44 min
Fri	Easy Run 34 min continuous · 5 min warm-up · 5 min cool-down	44 min
Sun	Long Run 63 min continuous · 5 min warm-up · 5 min cool-down	73 min

Week 2

BASE

Mon	Recovery Run 30 min continuous	30 min
Tue	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Wed	Long Run 55 min continuous · 5 min warm-up · 5 min cool-down	65 min
Thu	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Fri	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Sun	Long Run 82 min continuous · 5 min warm-up · 5 min cool-down	92 min

Week 3

BASE

Mon	Recovery Run 30 min continuous	30 min
Tue	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Wed	Long Run 55 min continuous · 5 min warm-up · 5 min cool-down	65 min
Thu	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Fri	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Sun	Long Run 100 min continuous · 5 min warm-up · 5 min cool-down	110 min

Week 4

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Wed	Long Run 50 min continuous · 5 min warm-up · 5 min cool-down	60 min
Thu	Easy Run 26 min continuous · 5 min warm-up · 5 min cool-down	36 min
Fri	Easy Run 26 min continuous · 5 min warm-up · 5 min cool-down	36 min
Sun	Long Run 78 min continuous · 5 min warm-up · 5 min cool-down	88 min

Week 5

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Wed	Long Run 72 min continuous · 5 min warm-up · 5 min cool-down	82 min
Thu	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Fri	VO2max Intervals 5 × (3 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	45 min
Sun	Long Run 111 min continuous · 5 min warm-up · 5 min cool-down	121 min

Week 6

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Wed	Long Run 80 min continuous · 5 min warm-up · 5 min cool-down	90 min
Thu	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Fri	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Sun	Long Run 122 min continuous · 5 min warm-up · 5 min cool-down	132 min

Week 7

BUILD

Mon	Recovery Run 29 min continuous	29 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Long Run 64 min continuous · 5 min warm-up · 5 min cool-down	74 min
Thu	Easy Run 34 min continuous · 5 min warm-up · 5 min cool-down	44 min
Fri	Tempo Run 54 min continuous · 15 min warm-up · 10 min cool-down	79 min
Sun	Long Run 120 min continuous · 5 min warm-up · 5 min cool-down	130 min

Week 8

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Wed	Long Run 55 min continuous · 5 min warm-up · 5 min cool-down	65 min
Thu	Easy Run 29 min continuous · 5 min warm-up · 5 min cool-down	39 min
Fri	Tempo Run 46 min continuous · 15 min warm-up · 10 min cool-down	71 min
Sun	Long Run 100 min continuous · 5 min warm-up · 5 min cool-down	110 min

Week 9

BUILD

Mon	Recovery Run 30 min continuous	30 min
Tue	Threshold Intervals 6 × (5 min work / 2 min easy) · 15 min warm-up · 10 min cool-down	67 min
Wed	Long Run 80 min continuous · 5 min warm-up · 5 min cool-down	90 min
Thu	Easy Run 45 min continuous · 5 min warm-up · 5 min cool-down	55 min
Fri	Tempo Run 75 min continuous · 15 min warm-up · 10 min cool-down	100 min
Sun	Long Run 137 min continuous · 5 min warm-up · 5 min cool-down	147 min

Week 10

PEAK

Mon	Recovery Run 30 min continuous	30 min
Tue	Tempo Run 65 min continuous · 15 min warm-up · 10 min cool-down	90 min
Wed	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Thu	Easy Run 40 min continuous · 5 min warm-up · 5 min cool-down	50 min
Fri	Threshold Intervals 5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	55 min
Sun	Long Run 115 min continuous · 5 min warm-up · 5 min cool-down	125 min

Week 11

TAPER

Mon	Recovery Run 25 min continuous	25 min
Tue	Threshold Intervals 4 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down	48 min
Wed	Easy Run 19 min continuous · 5 min warm-up · 5 min cool-down	29 min
Thu	Easy Run 19 min continuous · 5 min warm-up · 5 min cool-down	29 min
Fri	Easy Run 19 min continuous · 5 min warm-up · 5 min cool-down	29 min
Sun	Long Run 76 min continuous · 5 min warm-up · 5 min cool-down	86 min

Week 12

RACE WEEK

Mon	Recovery Run 30 min continuous	30 min
Tue	Recovery Run 30 min continuous	30 min
Wed	Base Run with Strides 1 × 11 min with recoveries · 5 min warm-up · 5 min cool-down	25 min
Thu	Recovery Run 30 min continuous	30 min
Fri	Recovery Run 30 min continuous	30 min
Sun	Race Day: Run RACE 120 min continuous	120 min