

Shelter's advanced 24-week training plan

Sub 3-hour course completion

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run 30 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 10 min, run 20 min	Interval – max effort 60 sec, walk 3 min, repeat x 6	Jog 10 min, run 20 min	REST	Fartlek – total 45 min
Week 2	Run 30 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 10 min, run 10 min, jog 10 min	Interval – max effort 75 sec, walk 3 min, max effort 65 sec, walk 2 min, max effort 55 sec, walk 2 min, max effort 5 sec	Jog 45 min	REST	Run 45 min
Week 3	Jog 10 min, run 15 min	Interval – max effort 60 sec, walk 3 min repeat x 8	Jog 20 min	Run 40 min	Run 20 min	REST	Run 35 min
Week 4	Jog 10 min, run 10 min	Interval – max effort 60 sec, walk 3 min, repeat x 8	Jog 10 min, run 5 min, jog 10 min, interval – max effort 45 sec, walk 3 min, repeat x 4	Jog 10 min, run 5 min	Run 30 min	REST	Run 30 min
Week 5	Jog 10 min, run 10 min, jog 10 min	Run 30 min	Fartlek – total 45 min	Jog 10 min, run 10 min, jog 10 min	Interval – max effort 75 sec, walk 3 min, repeat x 5	REST	Run 40 min
Week 6	Jog 30 min	Interval – max effort 60 sec, walk 3 min, repeat x 6	Jog 45 min	Run 40 min	Jog 20 min	REST	RACE – 10k (if not – run 60 min)

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Week 7	If raced, REST; if not, jog 30 min	If raced, jog 20 min; if not, run 35 min	Jog 20 min, run 20 min	Run 45 min	Run 30 min	REST	Fartlek – total 70 min
Week 8	Run 30 min	Interval – max effort 60 sec, walk 3 min, repeat x 6	Jog 10 min, run 20 min	Fartlek – total 60 min	Run 30 min, jog 15 min	REST	Run 75 min
Week 9	Jog 10 min, run 10 min, jog 10 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 45 min	Interval – max effort 65 sec, walk 3 min, repeat x 6	Jog 10 min, run 10 min, jog 10 min	REST	Run 75 min
Week 10	Run 15 min	Jog 10 min, run 35 min, jog 10 min	Interval – max effort 70 sec, walk 3 min, repeat x 6	Jog 10 min, run 10 min	Fartlek – total 60 min	Walk 15 min	Run 75 min
Week 11	Jog 45 min	Interval – max effort 75 sec, walk 3 min, max effort 65 sec, walk 3 min, max effort 45 sec, walk 3 min, repeat x 6	Jog 15 min	Fartlek – total 60 min	Jog 15 min, run 15 min, jog 15 min	REST	Fartlek – total 90 min
Week 12	Jog 10 min, walk 10 min	Interval – max effort 45 sec, walk 3 min, repeat x 4	Jog 15 min	Run 60 min	Jog 25 min	REST	RACE – half marathon (if not raced, run 13 miles best effort)
Week 13	REST	Jog 30 min	Jog 15 min, run 20 min, jog 15 min	Run 15 min	Run 15 min	REST	Run 45 min

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 14	Run 25 min	Fartlek – total 60 min	Run 30 min	Fartlek – total 60 min	Run 25 min, jog 10 min	REST	Fartlek – total 90 min
Week 15	Run 25 min	Interval – max effort 75 sec, walk 3 min, repeat x 3	Jog 10 min, run 25 min, jog 10 min	Run 75 min	Run 35 min	REST	Run 100 min
Week 16	Jog 10 min, run 15 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 60 min	Interval – max effort 65 sec, walk 3 min, repeat x 6	Jog 60 min	REST	Run 110 min
Week 17	Jog 45 min	Interval – max effort 60 sec, walk 3 min, repeat x 6	Jog 45 min	Run 45 min	Run 30 min	Jog 20 min	Fartlek – total 110 min
Week 18	Jog 45 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 29 min, run 15 min, jog 15 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 60 min	REST	Run 110 min

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Week 19	Jog 30 min	Fartlek – total 60 min	Run 30 min	Interval – max effort 75 sec walk 3 min, max effort 65 sec, walk 3 min, max effort 60 sec, walk 3 min, repeat x 6	Jog 45 min	REST	Run 120 min
Week 20	Jog 30 min	Run 60 min	Interval – max effort 75 sec, walk 3 min, repeat x 8	Jog 20 min	Run 60 min	Jog 15 min, walk 15 min	Run 120 min
Week 21	Jog 25 min	Jog 10 min, run 45 min	Fartlek – total 75 min	Run 60 min	Run 35 min	REST	Run 130 min
Week 22	Jog 25 min	Interval – max effort 75 sec, walk 3 min, repeat x 8	Jog 15 min, run 15 min, jog 15 min	Interval – max effort 75 sec, walk 3 min, repeat x 6	Jog 60 min	REST	Fartlek – total 120 min
Week 23	REST	Run 35 min	Interval – max effort 75 sec, walk 3 min, repeat x 8	Jog 35 min	Run 60 min	REST	Run 75 min
Week 24	Jog 15 min	Jog 15 min, run 25 min, jog 15 min	Jog 60 min	Jog 15 min, walk 15 min	REST	REST	RACE

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