



Sub 2 hour half marathon training plan

Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid

this and perform at your best is to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each session should feel in its effort and intensity. Here's a guide for just that.

Is this plan suitable for me?

This plan for reasonably fit beginners or fairly experienced runners. You'll be used to regular training, and now you want either to break 2 hours. Ask yourself if the plan matches your current fitness

level, and take care to see that it fits your availability to train each week. Be honest. Think carefully about your work, family and social commitments. While you want to challenge yourself, your training should be enjoyable and stress free.

Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

*Perceived effort =
1 represents no effort and
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Workout run 10 min warm up, 5 x 4 mins at threshold effort with 90 secs recovery jog between sets, 10 min cool down + stretch	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Run 40 mins steady run on undulating terrain + stretch	Rest	Workout run 10 mins warm up, 3 x 6 mins at threshold effort over undulating terrain with a 90 sec recovery, 10 mins cool down	Long run 75 mins run at easy effort + stretch
Week 2	Cross-training 30 mins easy cross-training + stretch	Workout run 10 min warm up, 6 x 5 mins at threshold effort with 90 secs recovery jog between sets, 10 min cool down + stretch	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Run 45 mins easy run	Rest	Workout run 10 mins warm up, 4 x 6 mins at threshold effort over undulating terrain with a 90 sec recovery, 10 mins cool down	Long run 75 mins run alternating easy and steady effort + stretch
Week 3	Rest	Workout run 10 min warm up, 6 x 5 mins at threshold effort with 75 secs recovery jog between sets, 10 min cool down + stretch	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Run 45 mins easy run	Rest	Workout run 10 mins warm up, 4 x 8 mins at threshold effort over undulating terrain with a 90 sec recovery, 10 mins cool down	Long run 80 mins run alternating easy and steady effort + stretch
Week 4	Cross-training 30 mins easy cross-training + stretch	Workout run 10 min warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 min cool down + stretch	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Run 30 mins easy run	Rest	Workout run 10 mins warm up, 3 x 8 mins threshold effort with a 90 sec recovery between sets, 10 mins cool down	Long run 65 mins run alternating easy and steady effort + stretch
Week 5	Rest	Recovery 35 mins recovery run + stretch	Workout run 15 mins easy, 15 mins threshold, 15 mins easy	Run 45 mins easy run	Rest	Workout run 10 mins warm up, 3 x 8 mins threshold effort with a 90 sec recovery between sets, 10 mins cool down	Long run 75 mins run alternating easy and steady effort + stretch
Week 6	Rest	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Workout run 10 min warm up, 4 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10 min cool down + stretch	Cross-training 45 mins easy cross-training	Rest	Workout run 10 mins warm up, 3 x 8 mins threshold effort with a 90 sec recovery between sets, 10 mins cool down	Long run 90 mins run alternating easy and steady effort + stretch
Week 7	Rest	Run 30 mins easy run	Workout run 10 min warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 min cool down + stretch	Rest	Workout run 10 min warm up, 5 x 3 mins at hard effort with 90 secs recovery jog between sets, 10 min cool down + stretch	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Long run 105 mins run alternating easy and steady effort + stretch

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Rest	Run 30 mins easy run Conditioning 30 mins conditioning work	Workout run 10 min warm up, 4 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10 min cool down + stretch	Rest	Workout run 10 min warm up, 5 x 3 mins at hard effort with 90 secs recovery jog between sets, 10 min cool down + stretch	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Long run 120 mins run, last 20 mins at half-marathon pace
Week 9	Rest	Run 30 mins easy run Conditioning 30 mins conditioning work	Workout run 10 min warm up, 4 x 10 mins at threshold effort with 90 secs recovery jog between sets, 10 min cool down + stretch	Rest	Workout run 10 mins warm up, 8 mins at threshold effort, 90 sec recovery, 5 x 2 mins at hard effort with a 60 sec recovery, 8 mins at threshold effort, 10 mins cool down	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Long run 90 mins run, last 30 mins at half-marathon pace
Week 10	Rest	Run 30 mins easy run Conditioning 30 mins conditioning work	Workout run 10 min warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 min cool down + stretch	Rest	Cross-training 45 mins easy cross-training Conditioning 30 mins conditioning work	Rest	Long run 90 mins easy long run
Week 11	Rest	Run 50 mins easy run + stretch	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 4 x 10 mins at threshold effort with a 90 sec recovery, 10 mins cool down	Rest	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Long run 105 mins run, last 30 mins at half-marathon pace
Week 12	Rest	Run 40 mins easy run + stretch	Workout run 10 mins warm up, 3 x 15 mins at threshold effort with a 90 sec recovery, 10 mins cool down	Rest	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Recovery 30 mins recovery run + stretch	Long run 90 mins run, last 40 mins at half-marathon pace + stretch
Week 13	Pilates	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 4 x 10 mins at threshold effort with a 90 sec recovery, 10 mins cool down	Rest	Workout run 10 min warm up, 6 x 4 mins at hard effort with 90 secs recovery jog between sets, 10 min cool down + stretch	Rest	Long run 75 mins run, last 30 mins at half-marathon pace + stretch
Week 14	Rest	Workout run 15 mins easy, 15 mins threshold, 15 mins easy	Rest	Run 30 mins easy run + stretch	Rest	Run 20 mins easy effort + stretch	Half marathon race 