



Break 1:30 half-marathon training plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	5 miles steady, approx. 41 mins	6 miles, approx. 49mins, 6x100 strides, Recover between strides.	6 miles easy	6 miles steady, approx. 49mins	Rest or 4 mile jog	7 miles steady, approx. 55mins	11 miles easy	
2	5 miles steady, approx. 41 mins	15 min warm up, 8x90secs fast, 45sec recovery, 15min cool down	7 miles easy	5 mile hilly run, including 6x80m hills	Rest or 4 mile jog	15min warm up, 12x30secs fast, 1min recovery, 15min cool down	12 miles easy	
3	6 miles steady, approx. 49mins	15 min warm up, 3x5mins fast, 90sec recovery, 15min cool down	7 miles easy	6 mile hilly run, including 7x80m hills	Rest or 4 mile jog	6 miles, with fartlek; build from 1min fast, 1min slow to 4min fast and slow and back down.	12 miles easy	
4	6 miles steady, approx. 49mins	15 min warm up, 4x4mins fast, 2.5 min recovery, 15min cool down	7 miles easy	5 miles steady, approx. 41mins	Rest or 4 mile jog	3 miles easy, with 6x80m strides	10km or 5 mile race	
5	6 miles easy	15 min warm up, 4x5mins fast, 3min recovery, 15min cool down	8 miles easy	6 mile hilly run, including at least 8x80m hills	Rest or 4 mile jog	15min warm up, 12x30secs fast, 45sec recovery, 15min cool down	13 miles easy	
6	7 miles steady, approx. 57mins	15min warm up, 2x7mins fast, 4min recovery, 15min cool down	8 miles easy	6 mile hilly run, including at least 9x80m hills	Rest or 4 mile jog	7 miles with fartlek in the middle (2mins fast, 1min slow x 10)	13 miles easy	
7	7 miles steady,	15min warm up, 12x90secs fast, 45sec recovery, 15min	8 miles easy	6 miles easy	Rest or 4 mile	3 miles easy, with 4x50m strides	10km race or 13 miles easy	

	approx. 57mins	cool down			jog			
8	6 miles easy	15 min warm up, 6x3mins fast, 90sec recovery, 15min cool down	8 miles easy	6 mile hilly run, including at least 10x80m hills	Rest	15min warm up, 12x30secs fast, 40sec recovery, 15min cool down	13 miles easy	
9	6 miles easy	15min warm up, 4x4mins fast, 2.5min recovery, 15min cool down	8 miles easy	6 miles steady, approx. 49mins	Rest	15min warm up, 10x30secs fast, 35sec recovery, 15min cool down	7 miles easy	
10	Rest	5 miles easy	Rest	4 miles easy	Rest	3 miles easy, with 4x100 strides	RACE DAY	