



Break 1:45 half-marathon training plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	Rest	6 miles, approx. 57mins, then 4x100 strides. Full recovery between strides	5 miles, approx. 48mins	6 miles, approx. 57mins	Rest	5 miles, approx. 48mins	8 miles easy	
2	Rest	6 miles, approx. 57mins, followed by 6x100m strides	5 miles, approx. 48mins	4 mile hilly run, with at least 6x50m hills	Rest	Warm up 15mins, fartlek (1min fast, 1 min slow x 8), 15mins easy	9 miles easy	
3	Rest	10 min warm up jog, 10x30secs fast, 1 min recovery, 10min cool down	6 miles, approx. 57mins	6 mile hilly run, with at least 7x80m hills	Rest	Warm up 15mins, fartlek (2mins fast, 2mins slow x 5), 15mins easy	10 miles easy	
4	Rest	10 min warm up jog, 10x30secs fast, 1 min recovery, 10min cool down	Rest	6 miles, approx. 57mins	Rest	3 miles easy, with 4x100m strides	10km or 5 mile race	
5	Easy 5 miles	10 min warm up jog, 12x30secs fast, 1 min recovery, 10min cool down	Rest	7 mile hilly run, including at least 7x80m hills	Rest	Warm up 15mins, fartlek (3mins fast, 2mins slow x 4), 15mins easy	11 miles easy	
6	Rest	10 min warm up jog, 12x30secs fast, 45sec recovery, 10min cool down	7 miles, approx. 66:30mins	7 mile hilly run, including at least 8x80m hills	Rest	Warm up 15mins, fartlek (4mins fast, 3mins slow x 4), 15mins easy	12 miles easy	
7	Rest	10 min warm up jog, 12x30secs fast, 40sec recovery, 10min cool down	4 miles easy	6 miles easy	Rest	3 miles easy, with 4x100m strides	10km race or 12 miles easy	
8	Rest	10 min warm up jog, 12x30secs fast, 35sec	Rest	7 mile hilly run, including at least	Rest	Warm up 15mins, fartlek (1min fast (f),	13 miles easy	

		recovery, 10min cool down		9x80m hills		1min slow (s); 2f, 2s; 3f, 2s; 4f, 3s; 3f, 2s; 2f, 2s; 1f, 1s), 15mins easy		
9	Rest	Back to backs, 3 sets: 60x80m, 10secs recovery, between reps; walk 80m, jog 80m recovery between sets	7 miles, approx. 66:30mins	8 miles easy	Rest	7 miles easy, with 60x80m strides	7 miles easy	
10	Rest	5 miles easy	Rest	4 miles easy	Rest	3 miles easy, with 4x50 strides	RACE DAY	