



Break 2:00 half-marathon training plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	Rest	4 miles steady, approx. 42mins, followed by 4x100 strides	Rest	4 miles steady, approx. 42mins	Rest	4 miles steady, approx. 42mins	5 miles easy	
2	Rest	4 miles steady, approx. 42mins, followed by 6x100 strides	Rest	4 miles steady, approx. 42mins	Rest	4 miles steady, approx. 42mins	6 miles easy	
3	Rest	10 min warm-up, 8x30secs fast, with 1 min recovery, 10 min cool down	Rest	4 mile hilly run, with 4x50m reps, striding with high knee lift and fast arm action	Rest	5 miles steady, approx. 53mins, followed by 6x100m strides	7 miles easy	
4	Rest	10 min warm-up, 10x30secs fast, with 1 min recovery, 10 min cool down	Rest	4 miles steady, approx. 42mins	Rest	3 miles easy, with 4x50m strides	10km or 5 mile race	
5	Rest	5 miles steady, approx. 53mins	Rest	5 mile hilly run, including 6x50m hill reps	Rest	5 miles steady, with 24 min fartlek in middle (1min fast, 2mins slow x 8)	8 miles easy	
6	Rest	10 min warm up, 10x30secs fast with 45secs recovery, 10 min cool down	Rest	5 mile hilly run, including 7x50m hill reps	Rest	6 miles steady, with 28 min fartlek in middle (2mins fast, 2mins slow x 7)	10 miles easy	
7	Rest	10 min warm up, 10x30secs fast with 40secs recovery, 10 min cool down	Rest	6 miles easy	Rest	3 miles easy, with 4x50m strides	10km race or 11 miles easy	
8	Rest	10 min warm up, 10x45secs fast, with 1min recovery, 10 min cool down	Rest	6 mile hilly run, including 8x50m hill reps	Rest	6 miles, with 18min fartlek in middle; 1 min fast, 1 slow; 2	11-12 miles easy	

						fast, 2 slow; 3 fast, 3 slow; 2 fast, 2 slow; 1 fast, 1 slow		
9	Rest	10 min warm up, 10x45secs fast with 55secs recovery, 10 min cool down	Rest	6 miles easy	Rest	7 miles easy, with 60x80m strides	7 miles easy	
10	Rest	5 miles easy	Rest	3 miles easy, with 4x50m strides	Rest	Rest	RACE DAY	