

Sub 2.00 Hours Half marathon training schedules

Week 1

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	4M (inc 4 x 2 min hard, 1 min easy)	10K	40 mins
Wednesday	Steady	4M	09:45	39 mins
Thursday	Fartlek	4M (inc 2M fartlek)	8:00-10:00	40 mins (20 mins fartlek)
Friday	Rest			
Saturday	Easy	3M	11:00	33 mins
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	09:00	target: 55:00 (plus 22-min jog)
Total		23M		3hrs 50

Week 2

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	5M (inc 8 x 1 min hard, 1 min easy)	5K	50 mins
Wednesday	Steady	5M	09:45	48 mins
Thursday	Threshold	5M (inc 2.5M at 10k pace)	1/2M	50 mins (20 mins THR)
Friday	Rest			
Saturday	Hills	5M (inc 6 x 150m hill)	Mile	50 mins
Sunday	Long run	8M	10:00	80 mins
Total		28M		4hrs 40

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Week 3

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 3 x 1M with 400m jog recovery (6M total)	10K	60 mins
Wednesday	Steady	5M	09:45	48 mins
Thursday	Threshold	5M (inc 3M at 10k pace)	1/2M	48 mins (27 mins THR)
Friday	Rest			
Saturday	Fartlek	5M (inc 2.5M fartlek)	7:30-10:00	55 mins (25 mins fartlek)
Sunday	Long run	9M	10:00	90 mins
Total		30M		5hrs

Week 4

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 4 x 800m with 400m jog recovery, 1M c/d (6M total)	10K	60 mins
Wednesday	Steady	6M	09:45	58 mins
Thursday	Fartlek	5M (inc 3M fartlek)	7:30-10:00	55 mins (32 mins fartlek)
Friday	Rest			
Saturday	Easy	3M	11:00	33 mins
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	08:30	target: 53:00 (plus 22-min jog)
Total		28M		4hrs 40

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Week 5

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 5 x 600m with 200m jog recovery, 1M c/d (5M total)	5K	55 mins
Wednesday	Steady	7M	09:45	68 mins
Thursday	Threshold	5M (inc 3M at 10k pace)	1/2M	50 mins (27 mins THR)
Friday	Rest			
Saturday	Hills	5M (inc 8 x 150m hill)	Mile	55 mins
Sunday	Long run	10M	10:00	1hr 40
Total		32M		5hrs 30

Week 6

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 6 x 400m with 200m jog recovery, 1M c/d (5M total)	5K	55 mins
Wednesday	Steady	5M	09:45	48 mins
Thursday	Fartlek	5M (inc 3M fartlek)	7:30-10:00	55 mins (32 mins fartlek)
Friday	Rest			
Saturday	Easy	3M	11:00	33 mins
Sunday	Time trial	10M (plus 1M warm-up/1M cool-down)	1/2M	target: 1:30 (plus 20-min jog)
Total		30M		5hrs 10

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Week 7

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 10 x 200m with 100m jog recovery, 1M c/d (5M total)	5K	55 mins
Wednesday	Steady	7M	09:45	68 mins
Thursday	Threshold	5M (inc 3M at 10k pace)	1/2M	50 mins (27 mins THR)
Friday	Rest			
Saturday	Fartlek	5M (inc 3M fartlek)	7:30-10:00	55 mins (32mins fartlek)
Sunday	Long run	13M	10:00	2hrs 10
Total		35M		6hrs

Week 8

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 4 x 1K with 200m jog recovery, 1M c/d (5M total)	5K	55 mins
Wednesday	Steady	5M	09:45	48 mins
Thursday	Hills	5M (inc 8 x 150m)	Mile	55 mins
Friday	Rest			
Saturday	Easy	3M	11:00	33 mins
Sunday	Race/t-trial	13M (plus 1M warm-up/1M cool-down)	09:20	2hrs 2 (plus 22-min jog)
Total		33M		5hrs 45

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Week 9

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 5 x 800m with 100m jog recovery, 1M c/d (5M total)	5K	55 mins
Wednesday	Steady	4M	09:45	38 mins
Thursday	Threshold	5M (inc 3M at 10k pace)	1/2M	50 mins (27 mins THR)
Friday	Rest			
Saturday	Fartlek	5M (inc 3M fartlek)	7:30-10:00	55 mins (32 mins fartlek)
Sunday	Long run	13M	10:00	2hrs 10
Total		32M		5hrs 30

Week 10

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 8 x 400m with 100m jog recovery, 1M c/d (5M total)	5K	55 mins
Wednesday	Steady	6M	09:45	58 mins
Thursday	Threshold	5M (inc 3M at 10k pace)	1/2M	50 mins (27 mins THR)
Friday	Rest			
Saturday	Hills	5M (inc 10 x 150m hill)	Mile	55 mins
Sunday	Long run	14M	10:00	2hrs 20
Total		35M		

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Week 11

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 3 x 1M with 200m jog recovery, 1M c/d (6M total)	5K	65 mins
Wednesday	Steady	4M	09:45	38 mins
Thursday	Fartlek	4M (inc 2M fartlek)	7:30-10:00	43 mins (20 mins fartlek)
Friday	Rest			
Saturday	Easy	3M	11:00	33 mins
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	08:00	target: 50:00 (plus 22-min jog)
Total		25M		

Week 12

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Speedwork	1M w/u, 8 x 200m with 100m jog recovery, 1M c/d (4M total)	5K	45 mins
Wednesday	Steady	3M	09:45	28 mins
Thursday	Easy	3M (inc 5 x 150m strides)	11:00	35 mins
Friday	Rest			
Saturday	Easy	3M	11:00	33 mins
Sunday	Race Day	(plus 1M warm-up/1M cool-down)	09:00	target: 1:58:00 (plus 25-min jog)
Total		28M		

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