

Sub 3.00 Hours Half marathon training schedules

Week 1

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	2M	14:00	approx 30 mins
Wednesday	Rest			
Thursday	Faster run/walk	2M	13:00	approx 25 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	5M	11:00	approx 55 mins
Total		9M		1hrs 50

Week 2

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	4M	14:00	approx 55 mins
Wednesday	Rest			
Thursday	Faster run/walk	3M	13:00	approx 40 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	5M	14:30	approx 75 mins
Total		12M		2hrs 50

Key: w/u = warm up c/d = cool down

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Week 3

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	4M	14:00	approx 55 mins
Wednesday	Rest			
Thursday	Faster run/walk	3M	13:00	approx 40 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	7M	14:30	approx 100 mins
Total		16M		3hrs 15

Week 4

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	4M	14:00	approx 55 mins
Wednesday	Rest			
Thursday	Faster run/walk	3M	13:00	approx 40 mins
Friday	Rest			
Saturday	Rest			
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	13:00	target: 80:00 (plus 25-min jog)
Total		15M		3hrs 20

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Week 5

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	5M	14:00	approx 70 mins
Wednesday	Rest			
Thursday	Faster run/walk	4M	13:00	approx 50 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	7M	14:30	approx 1hr 40
Total		16M		3hrs 40

Week 6

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	5M	14:00	approx 70 mins
Wednesday	Rest			
Thursday	Faster run/walk	5M	13:00	approx 65 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	7M	14:30	approx 1hr 40
Total		17M		3hrs 55

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Week 7

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	4M	14:00	approx 55 mins
Wednesday	Rest			
Thursday	Faster run/walk	4M	13:00	approx 50 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	9M	14:30	approx 2hr 10
Total		17M		3hrs 55

Week 8

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	4M	14:00	approx 55 mins
Wednesday	Rest			
Thursday	Faster run/walk	4M	12:30	approx 50 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	10M	14:30	approx 2hrs 25
Total		18M		4hrs 10

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Week 9

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	3M	14:00	approx 40 mins
Wednesday	Rest			
Thursday	Faster run/walk	4M	13:00	approx 50 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	11M	14:30	approx 2hrs 40
Total		18M		4hrs 10

Week 10

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	3M	14:00	approx 40 mins
Wednesday	Rest			
Thursday	Faster run/walk	4M	13:00	approx 50 mins
Friday	Rest			
Saturday	Rest			
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	12:30	target: 75:00 (plus 25-min jog)
Total		15M		3hrs 10

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Week 11

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	4M	14:00	approx 55 mins
Wednesday	Rest			
Thursday	Faster run/walk	5M	12:30	approx 63 mins
Friday	Rest			
Saturday	Rest			
Sunday	Easy run/walk	10M	14:30	approx 2hrs 25
Total		19M		4hrs 25

Week 12

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	3M	14:00	approx 40 mins
Wednesday	Rest			
Thursday	Faster run/walk	3M	13:30	approx 40 mins
Friday	Rest			
Saturday	Rest			
Sunday	Race Day	(plus 1M warm-up/1M cool-down)	13:20	target: 2:54:00 (plus 25-min jog)
Total		21M		4hrs 5

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