

# Sub 1.30 Hours Half marathon training schedules

## Week 1

Day	Session	Distance	Pace	Time
Monday	Steady	4M	07:30	30 mins
Tuesday	Speedwork	6M (inc 5 x 2 min hard, 1 min easy)	5K	60 mins
Wednesday	Steady	6M	07:30	45 mins
Thursday	Fartlek	6M (inc 3M fartlek)	6:30-8:30	50 mins (20 mins fartlek)
Friday	<b>Rest</b>			
Saturday	Easy	4M	08:00	32 mins
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	06:45	target: 42:00 (plus 25-min jog)
<b>Total</b>		35M		4hrs 50

## Week 2

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	6M (inc 10 x 1 min hard, 1 min easy)	5K	50 mins
Wednesday	Steady	7M	07:30	53 mins
Thursday	Threshold	7M (inc 3M at 10k pace)	1/2M	50 mins (20 mins THR)
Friday	<b>Rest</b>			
Saturday	Hills	6M (inc 8 x 200m hill)	Mile	50 mins
Sunday	Long run	9M	07:45	70 mins
<b>Total</b>		38M		5hrs

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

# Sub 1.30 Hours Half marathon training schedules

## Week 3

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	1M w/u, 3 x 1M with 400m jog recovery, 1M c/d (6M total)	10K	55 mins
Wednesday	Steady	7M	07:30	53 mins
Thursday	Threshold	7M (inc 3M at 10k pace)	1/2M	50 mins (20 mins THR)
Friday	<b>Rest</b>			
Saturday	Fartlek	7M (inc 3M fartlek)	6:00-8:30	50 mins (20 mins fartlek)
Sunday	Long run	10M	07:45	77 mins
<b>Total</b>		40M		5hrs 20

## Week 4

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	1M w/u, 4 x 1M with 400m jog recovery (7M total)	10K	65 mins
Wednesday	Steady	8M	07:30	60 mins
Thursday	Fartlek	7M (inc 4M fartlek)	6:00-8:30	50 mins (30 mins fartlek)
Friday	<b>Rest</b>			
Saturday	Easy	3M	08:00	24 mins
Sunday	Race	10K (plus 2M warm-up/1M cool-down)	06:30	target: 40:30 (plus 25-min jog)
<b>Total</b>		37M		4hrs 45

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

# Sub 1.30 Hours Half marathon training schedules

## Week 5

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	1M w/u, 5 x 1K with 200m jog recovery, (7M total)	5K	60 mins
Wednesday	Steady	8M	07:30	60 mins
Thursday	Threshold	7M (inc 4M at 10k pace)	1/2M	50 mins (27 mins THR)
Friday	<b>Rest</b>			
Saturday	Hills	6M (inc 10 x 200m hill)	Mile	50 mins
Sunday	Long run	12M	07:45	93 mins
<b>Total</b>		43M		5hrs 35

## Week 6

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	1M w/u, 8 x 500m with 200m jog recovery, 1 M c/d (7M total)	5K	60 mins
Wednesday	Steady	7M	07:30	52 mins
Thursday	Fartlek	7M (inc 3M fartlek)	6:00-8:30	55 mins (20 mins fartlek)
Friday	<b>Rest</b>			
Saturday	Easy	3M	08:00	24 mins
Sunday	Time trial	10M (plus 1M warm-up/1M cool-down)	1/2M	target: 1:08 (plus 16-min jog)
<b>Total</b>		39M		5hrs

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

# Sub 1.30 Hours Half marathon training schedules

## Week 7

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	1M w/u, 10 x 300m with 100m jog recovery (6M total)	5K	50 mins
Wednesday	Steady	9M	07:30	66 mins
Thursday	Threshold	7M (inc 4M at 10k pace)	1/2M	50 mins (27 mins THR)
Friday	<b>Rest</b>			
Saturday	Fartlek	7M (inc 4M fartlek)	6:00-8:30	55 mins (30 mins fartlek)
Sunday	Long run	13M	07:45	1hr 40
<b>Total</b>		45M		5hrs 45

## Week 8

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	1M w/u, 5 x 1200m with 200m jog recovery, 1M c/d (7M total)	10K	60 mins
Wednesday	Steady	7M	07:30	52 mins
Thursday	Hills	7M (inc 10 x 200m hill)	Mile	60 mins
Friday	<b>Rest</b>			
Saturday	Easy	4M	08:00	32 mins
Sunday	Race/t-trial	13M (plus 1M warm-up/1M cool-down)	07:00	92 mins (plus 16-min jog)
<b>Total</b>		43M		5hrs 35

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# Sub 1.30 Hours Half marathon training schedules

## Week 9

Day	Session	Distance	Pace	Time
<b>Monday</b>	<b>Rest</b>			
<b>Tuesday</b>	Speedwork	1M w/u, 6 x 800m with 100m jog recovery, 1M c/d (7M total)	5K	60 mins
<b>Wednesday</b>	Steady	5M	08:00	40 mins
<b>Thursday</b>	Threshold	7M (inc 4M at 10k pace)	1/2M	50 mins (27 mins THR)
<b>Friday</b>	<b>Rest</b>			
<b>Saturday</b>	Fartlek	7M (inc 4M fartlek)	6:00-8:30	55 mins (30 mins fartlek)
<b>Sunday</b>	Long run	14M	07:45	1hr 50
<b>Total</b>		40M		5hrs 15

## Week 10

Day	Session	Distance	Pace	Time
<b>Monday</b>	Easy	3M	08:00	24 mins
<b>Tuesday</b>	Speedwork	1M w/u, 12 x 400m with 100m jog recovery (7M total)	5K	55 mins
<b>Wednesday</b>	Steady	8M	07:30	60 mins
<b>Thursday</b>	Threshold	7M (inc 4M at 10k pace)	1/2M	55 mins (27 mins THR)
<b>Friday</b>	<b>Rest</b>			
<b>Saturday</b>	Hills	7M (inc 10 x 200m hill)	Mile	60 mins
<b>Sunday</b>	Long run	15M	07:45	1hr 55
<b>Total</b>		47M		6hrs 10

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# Sub 1.30 Hours Half marathon training schedules

## Week 11

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	1M w/u, 3 x 2K with 200m jog recovery, 1M c/d (8M total)	10K	60 mins
Wednesday	Steady	7M	07:30	53 mins
Thursday	Fartlek	6M (inc 3M fartlek)	6:00-8:30	45 mins (20 mins fartlek)
Friday	<b>Rest</b>			
Saturday	Easy	3M	08:00	24 mins
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	06:20	target: 39:30 (plus 16-min jog)
<b>Total</b>		35M		4hrs 20

## Week 12

Day	Session	Distance	Pace	Time
Monday	Easy	3M	08:00	24 mins
Tuesday	Speedwork	1M w/u, 8 x 400m with 200m jog recovery, 1M c/d (6M total)	5K	50 mins
Wednesday	Steady	4M	07:30	30 mins
Thursday	Easy	4M (inc 6 x 150m strides)	08:00	35 mins
Friday	<b>Rest</b>			
Saturday	Easy	3M	08:00	24 mins
Sunday	<b>Race Day</b>	<b>(plus 1M warm-up/1M cool-down)</b>	<b>06:50</b>	<b>target: 1:29:30 (plus 15-min jog)</b>
<b>Total</b>		35M		4hrs 30

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