

12 Week Sub 2 Hour Half Marathon Running Plan.

The objective:

The aim of this plan is to help you secure a half marathon time that's under 2 hours.

This plan is aimed at runners who can currently run 10km comfortably (ideally around 55-60 minutes) and run 3-4 times per week and have done consistently for the last few months.

The structure:

This plan will consist of up to four runs per week; including easy runs, speed/tempo runs, as well as one long run per week.

There is also a suggested day to cross train as well as two designated rest days.

Each week will total between 30-50km.

Tips for Sub 2:30 success:

Goal Pace: 5:40 min/km (Race day pace)

- Long run pace 6:00-6:30 min/km
- Easy run pace: 6:10-6:40 min/km
- Tempo run pace: 5:35-5:50 min km
- Speed intervals: 4:55-5:15 min/km
- Fuel: Practice gels/water every 40-45 minutes during long runs, if you find this is too long and you need energy earlier - try 35, 30 minutes etc until you find your sweet spot.
- Take extra rest if soreness or fatigue builds, it's better to arrive slightly undertrained than over tired.

Week 1 (Total 26km*)

Day		Notes
Monday	Rest	
Tuesday	6km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	5 x 400m - speed intervals with 90 second walking recoveries between each 400m.	2km warm up at an easy pace, followed by intervals (4:55-5:15 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	10km (Long run)	6:00-6:30 min/km
Sunday	Optional 4km recovery jog	6:10-6:40 min/km

Week 2 (Total 29km*)

Day		Notes
Monday	Rest	
Tuesday	7km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	6km tempo run	5:35-5:55 min/km
Friday	Rest	
Saturday	12km (Long run)	6:00-6:30 min/km
Sunday	Optional 4km recovery jog	6:10-6:40 min/km

Week 3 (Total 32km*)

Day		Notes
Monday	Rest	
Tuesday	7km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	6 x 500m - speed intervals with 90 second walking recoveries between each 500m.	2km warm up at an easy pace, followed by intervals (4:55-5:15min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	13km (Long run)	6:00-6:30 min/km
Sunday	Optional 4km recovery jog	6:10-6:40 min/km

Week 4 (Total 33km*)

Day		Notes
Monday	Rest	
Tuesday	7km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	7km tempo run	5:35-5:55 min/km
Friday	Rest	
Saturday	14km (Long run)	6:00-6:30 min/km
Sunday	Optional 4km recovery jog	6:10-6:40 min/km

Week 5 (Total 35km*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	6 x 600m - speed intervals with 90 second walking recoveries between each 600m.	2km warm up at an easy pace, followed by intervals (4:55-5:15 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	15km (Long run)	6:00-6:30 min/km
Sunday	Optional 4km recovery jog	6:10-6:40 min/km

Week 6 (Total 36km*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	8km tempo run	5:35-5:55 min/km
Friday	Rest	
Saturday	16km (Long run)	6:00-6:30 min/km
Sunday	Optional 4km recovery jog	6:10-6:40 min/km

Week 7 (Total 38km*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	5 x 800m - speed intervals with 90 second walking recoveries between each 800m.	2km warm up at an easy pace, followed by intervals (4:55-5:15 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	17km (Long run)	6:00-6:30 min/km
Sunday	Optional 4km recovery jog	6:10-6:40 min/km

Week 8 (Total 35km*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	9km tempo run	First 3km easy 6:10-6:40 min/km then 6km at race pace 5:40 min/km
Friday	Rest	
Saturday	18km (Long run)	6:00-6:30 min/km
Sunday	Rest	

Week 9 (Total 39km*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	6 x 800m - Speed intervals with 90 second walking recoveries between each 800m.	2km warm up at an easy pace, followed by intervals (4:55-5:15 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	19km (Long run)	6:00-6:40 min/km
Sunday	Rest	

Week 10 (Total 38-40km*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	10km tempo run at race pace	5:40 min/km
Friday	Rest	
Saturday	20km (Long run)	6:00-6:30 min/km, practise race day fuelling.

Day		Notes
Sunday	Rest	

Week 11 (Total 36km*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	6:10-6:40 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	6 x 600m - speed intervals with 90 second walking recoveries between each 600m.	2km warm up at an easy pace, followed by intervals (5:00-5:15 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	16km (Long run)	5:45-6:15 min/km
Sunday	Rest	

Week 12 (Total 33km*)

Day		Notes
Monday	Rest	
Tuesday	5km easy	6:10-6:40 min/km
Wednesday	4km easy or rest	6:10-6:40 min/km
Thursday	3km easy	6:10-6:40 min/km
Friday	Rest	
Saturday	Rest	
Sunday	21.1km - RACE DAY!	Start conservatively (5:45 per kilometre) for the first 5km, then begin to increase pace as the race goes on aiming for 5:40 min/km. Push from 16km onwards if you're feeling strong.