

# 12 Week Sub 2:30 Half Marathon Running Plan.

## The objective:

The aim of this plan is to help you secure a half marathon time that is under 2 hours and 30 minutes.

This plan is aimed at runners who can currently run 6-8km comfortably and have a few months of running experience, therefore not a total beginner.

## 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 22-45km.

## Tips for Sub 2:30 success:

Goal Pace: 7 minute kilometres (Race day pace)

- Long run pace 7:30-8:00 min/km
- Easy run pace: 7:45-8:15 min/km
- Tempo run pace: 6:45-7:00 min km
- Speed intervals: 6:15-6:30 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 22km\*)

Day		Notes
Monday	Rest	
Tuesday	5km easy	7:45-8:15 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	4 x 400m - speed intervals with 90 second walking recoveries between each 400m.	2km warm up at an easy pace, followed by intervals (6:15-6:30 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	8km (Long run)	7:30-8:00 min/km
Sunday	Optional 3km recovery jog	7:45-8:15 min/km

## Week 2 (Total 23km\*)

Day		Notes
Monday	Rest	
Tuesday	6km easy	7:45-8:15 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	5km with kilometres 3 and 4 at race pace	7:45-8:15 min/km, but 7:00 min/km for 3 and 4 km
Friday	Rest	
Saturday	9km (Long run)	7:30-8:00 min/km
Sunday	Optional 3km recovery jog	7:45-8:15 min/km

## Week 3 (Total 26km\*)

Day		Notes
Monday	Rest	
Tuesday	6km easy	7:45-8:15 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	5 x 500m - speed intervals with 90 second walking recoveries between each 500m.	2km warm up at an easy pace, followed by intervals (6:15-6:30 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	10km (Long run)	7:30-8:00 min/km
Sunday	Optional 3km recovery jog	7:45-8:15 min/km

## Week 4 (Total 26km\*)

Day		Notes
Monday	Rest	
Tuesday	6km easy	7:45-8:15 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	6km tempo run at race pace	7:00 min/km
Friday	Rest	
Saturday	11km (Long run)	7:30-8:00 min/km
Sunday	Optional 3km recovery jog	7:45-8:15 min/km

## Week 5 (Total 29km\*)

Day		Notes
Monday	Rest	
Tuesday	7km easy	7:45-8:15 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 (6:15-6:30 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	12km (Long run)	7:30-8:00 min/km
Sunday	Optional 3km recovery jog	7:45-8:15 min/km

## Week 6 (Total 30km\*)

Day		Notes
Monday	Rest	
Tuesday	7km easy	7:45-8:15 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	7km tempo run slightly faster than race pace	6:45-7:00 min/km
Friday	Rest	
Saturday	13km (Long run)	7:30-8:00 min/km
Sunday	Optional 3km recovery jog	7:45-8:15 min/km

## Week 7 (Total 33km\*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	7:45-8:15 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 (6:15-6:30 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	14km (Long run)	7:30-8:00 min/km

Day	Notes	
Sunday	Optional 3km recovery jog	7:45-8:15 min/km

### Week 8 (Total 34km\*)

Day	Notes	
Monday	Rest	
Tuesday	8km easy	7:45-8:15 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	8km tempo run slightly faster than race pace	6:45-7:00 min/km
Friday	Rest	
Saturday	15km (Long run)	7:30-8:00 min/km
Sunday	Optional 3km recovery jog	7:45-8:15 min/km

### Week 9 (Total 35km\*)

Day	Notes	
Monday	Rest	
Tuesday	8km easy	7:45-8:15 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 (6:15-6:30 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	16km (Long run)	7:30-8:00 min/km
Sunday	Rest	

### Week 10 (Total 36km\*)

Day	Notes	
Monday	Rest	
Tuesday	8km easy	7:45-8:15 min/km
Wednesday	Cross Train (40 minutes)	Bike, Swim, Walk.
Thursday	8km tempo run slightly faster than race pace	6:45-7:00 min/km

Day		Notes
Friday	Rest	
Saturday	18km (Long run)	7:30-8:00 min/km, practise race day fuelling.
Sunday	Rest	

### Week 11 (Total 40km\*)

Day		Notes
Monday	Rest	
Tuesday	8km easy	7:45-8:15 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 (6:15-6:30 min/km), finishing with another 2km at an easy pace to cool down.
Friday	Rest	
Saturday	19km (Long run)	7:30-8:00 min/km, final long effort.
Sunday	Rest	

### Week 12 (Total 31km\*)

Day		Notes
Monday	Rest	
Tuesday	5km easy	7:45-8:15 min/km
Wednesday	3km easy or rest	7:45-8:15 min/km
Thursday	2km easy	7:45-8:15 min/km
Friday	Rest	
Saturday	Rest	
Sunday	21.1km - RACE DAY!	Start conservatively (7:10-7:15 per kilometre) for the first 5km, then begin to increase pace as the race goes on aiming for 6:50-7:00 min/km. If you have extra left in the tank for the last 2-3km see if you can push closer to 6:15-6:30 min/km.