

# 1:30 HALF MARATHON TRAINING PLAN - KM

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Intervals	1	Rest Day	<b>Threshold Intervals</b> 3 x 800m (4:11/km) / 800m recovery jog	<b>Recovery Run</b> 8km RPE 2-3	<b>Race Pace Run</b> 2x: 800m (4:15/km) 800m (recovery jog) 800m (4:15/km)	<b>Recovery Run</b> 8km RPE 2-3	Rest Day	<b>Long Run</b> 10km RPE 2-3	48km
	2	Rest Day	<b>Threshold Intervals</b> 3 x 800m (4:11/km) / 800m recovery jog	<b>Recovery Run</b> 8km RPE 2-3	<b>Race Pace Run</b> 2x: 800m (4:15/km) 800m (recovery jog) 800m (4:15/km)	<b>Recovery Run</b> 8km RPE 2-3	Rest Day	<b>Long Run</b> 11km RPE 2-3	50km
	3	Rest Day	<b>Threshold Intervals</b> 2 x 1.5km (4:11/km) / 800m recovery jog	<b>Recovery Run</b> 9km RPE 2-3	<b>Race Pace Run</b> 1.5km (4:15/km) 2.5km (recovery jog) 1.5k (4:15/km)	<b>Recovery Run</b> 9km RPE 2-3	Rest Day	<b>Long Run</b> 13km RPE 2-3	54km
	4	Rest Day	<b>Threshold Intervals</b> 2 x 1.5km (4:11/km) / 800m recovery jog	<b>Recovery Run</b> 8km RPE 2-3	<b>Race Pace Run</b> 1.5km (4:15/km) 2.5km (recovery jog) 1.5k (4:15/km)	<b>Recovery Run</b> 8km RPE 2-3	Rest Day	<b>Long Run</b> 10km RPE 2-3	47km
Tempo	5	Rest Day	<b>Tempo</b> Tempo 3km (4:11/km)	<b>Recovery Run</b> 9km RPE 2-3	<b>Race Pace Run</b> 2.5km(4:15/km) 2.5km (recovery jog) 1.5k (4:15/km)	<b>Recovery Run</b> 9km RPE 2-3	Rest Day	<b>Long Run</b> 5km RPE 2-3 3km (4:15/km) 5km RPE 2-3	53km
	6	Rest Day	<b>Tempo</b> Tempo 4km (4:11/km)	<b>Recovery Run</b> 10km RPE 2-3	<b>Race Pace Run</b> 2.5km (4:15/km) 1.5km (recovery jog) 2.5k (4:15/km)	<b>Recovery Run</b> 10km RPE 2-3	Rest Day	<b>Long Run</b> 14km RPE 2-3	58km
	7	Rest Day	<b>Tempo</b> Tempo 5km (4:11/km)	<b>Recovery Run</b> 10km RPE 2-3	<b>Race Pace Run</b> 2.5km (4:15/km) 1.5km (recovery jog) 2.5k (4:15/km)	<b>Recovery Run</b> 10km RPE 2-3	Rest Day	<b>Long Run</b> 5km RPE 2-3 3km (4:15/km) 5km RPE 2-3 3km (4:15/km)	63km
	8	Rest Day	<b>Tempo</b> Tempo 4km (4:11/km)	<b>Recovery Run</b> 9km RPE 2-3	<b>Race Pace Run</b> 3km (4:15/km) 2.5km (recovery jog) 2.5k (4:15/km)	<b>Recovery Run</b> 9km RPE 2-3	Rest Day	<b>Long Run</b> 13km RPE 2-3	56km
	9	Rest Day	<b>Tempo</b> Tempo 5km (4:11/km)	<b>Recovery Run</b> 11km RPE 2-3	<b>Race Pace Run</b> 3km (4:15/km) 1.5km (recovery jog) 3km (4:15/km)	<b>Recovery Run</b> 11km RPE 2-3	Rest Day	<b>Long Run</b> 5km RPE 2-3 3km (4:15/km) 5km RPE 2-3 5km (4:15/km)	65km
Peak	10	Rest Day	<b>Threshold Intervals</b> 2 x 1.5km (4:11/km) / 800m recovery jog	<b>Recovery Run</b> 11km RPE 2-3	<b>Race Pace Run</b> 3km (4:15/km) 1.5km (recovery jog) 3km (4:15/km)	<b>Recovery Run</b> 11km RPE 2-3	Rest Day	<b>Long Run</b> 20km RPE 2-3	67km
Taper	11	Rest Day	<b>Threshold Intervals</b> 2 x 1.5km (4:11/km) / 800m recovery jog	<b>Recovery Run</b> 8km RPE 2-3	<b>Race Pace Run</b> 1.5km (4:15/km) 1.5km (recovery jog) 1.5km (4:15/km)	<b>Recovery Run</b> 8km RPE 2-3	Rest Day	<b>Long Run</b> 13km RPE 2-3	51km
Race	12	Rest Day	<b>Race Pace Run</b> 1.5km (4:15/km) 1.5km (recovery jog) 1.5km (4:15/km)	Rest Day	<b>Easy Run with Strides</b> 8km RPE 2-3 10x10 sec strides	Rest Day	<b>Shake Out Run</b> 4-5km RPE 2-3	<b>Half Marathon</b> 21.2 kms (4:15/km) 	