

1:30 HALF MARATHON TRAINING PLAN **MILES**

| PHASE | WEEK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Miles |
|-----------|------|----------|---|---|--|---|--|---|--------------|
| Intervals | 1 | Rest Day | Threshold Intervals 3 x .5 miles (6:45/mile) / .5 miles recovery jog | Recovery Run 5 miles RPE 2-3 | Race Pace Run 2x: .5 miles (6:51/mile) .5 miles (recovery jog) .5 miles (6:51/mile) | Recovery Run 5 miles RPE 2-3 | Rest Day | Long Run 6 miles RPE 2-3 | 30 miles |
| | 2 | Rest Day | Threshold Intervals 3 x .5 miles (6:45/mile) / .5 miles recovery jog | Recovery Run 5.5 miles RPE 2-3 | Race Pace Run 2x: .5 miles (6:51/mile) .5 miles (recovery jog) .5 miles (6:51/mile) | Recovery Run 5.5 miles RPE 2-3 | Rest Day | Long Run 7 miles RPE 2-3 | 32 miles |
| | 3 | Rest Day | Threshold Intervals 2 x 1 mile (6:45/mile) / .5 miles recovery jog | Recovery Run 6 miles RPE 2-3 | Race Pace Run 1 mile (6:51/mile) 1.5 miles (recovery jog) 1 mile (6:51/mile) | Recovery Run 6 miles RPE 2-3 | Rest Day | Long Run 8 miles RPE 2-3 | 34 miles |
| | 4 | Rest Day | Threshold Intervals 2 x 1 mile (6:45/mile) / .5 miles recovery jog | Recovery Run 5.5 miles RPE 2-3 | Race Pace Run 1 mile (6:51/mile) 1.5 miles (recovery jog) 1 mile (6:51/mile) | Recovery Run 5.5 miles RPE 2-3 | Rest Day | Long Run 6 miles RPE 2-3 | 31 miles |
| Tempo | 5 | Rest Day | Tempo Tempo 2 miles (6:45/mile) | Recovery Run 6 miles RPE 2-3 | Race Pace Run 1.5 miles (6:51/mile) 1.5 miles (recovery jog) 1 mile (6:51/mile) | Recovery Run 6 miles RPE 2-3 | Rest Day | Long Run 3 miles RPE 2-3 2 miles (6:51/mile) 3 miles RPE 2-3 | 34 miles |
| | 6 | Rest Day | Tempo Tempo 2.5 miles (6:45/mile) | Recovery Run 6.5 miles RPE 2-3 | Race Pace Run 1.5 miles (6:51/mile) 1 mile (recovery jog) 1.5 mile (6:51/mile) | Recovery Run 6.5 miles RPE 2-3 | Rest Day | Long Run 9 miles RPE 2-3 | 37 miles |
| | 7 | Rest Day | Tempo Tempo 3 miles (6:45/mile) | Recovery Run 6.5 miles RPE 2-3 | Race Pace Run 1.5 miles (6:51/mile) 1 mile (recovery jog) 1.5 mile (6:51/mile) | Recovery Run 6.5 miles RPE 2-3 | Rest Day | Long Run 3 miles RPE 2-3 2 miles (6:51/mile) 3 miles RPE 2-3 2 miles (6:51/mile) | 39 miles |
| | 8 | Rest Day | Tempo Tempo 2.5 miles (6:45/mile) | Recovery Run 6 miles RPE 2-3 | Race Pace Run 2 miles (6:51/mile) 1.5 mile (recovery jog) 1.5 mile (6:51/mile) | Recovery Run 6 miles RPE 2-3 | Rest Day | Long Run 8 miles RPE 2-3 | 36 miles |
| | 9 | Rest Day | Tempo Tempo 3 miles (6:45/mile) | Recovery Run 7 miles RPE 2-3 | Race Pace Run 2 miles (6:51/mile) 1 mile (recovery jog) 2 miles (6:51/mile) | Recovery Run 7 miles RPE 2-3 | Rest Day | Long Run 3 miles RPE 2-3 2 miles (6:51/mile) 3 miles RPE 2-3 3 miles (6:51/mile) | 41 miles |
| Peak | 10 | Rest Day | Threshold Intervals 2 x 1 mile (6:45/mile) / .5 miles recovery jog | Recovery Run 7 miles RPE 2-3 | Race Pace Run 2 miles (6:51/mile) 1 mile (recovery jog) 2 miles (6:51/mile) | Recovery Run 7 miles RPE 2-3 | Rest Day | Long Run 13 miles RPE 2-3 | 43 miles |
| Taper | 11 | Rest Day | Threshold Intervals 2 x 1 mile (6:45/mile) / .5 miles recovery jog | Recovery Run 5 miles RPE 2-3 | Race Pace Run 1 mile (6:51/mile) 1 mile (recovery jog) 1 mile (6:51/mile) | Recovery Run 5 miles RPE 2-3 | Rest Day | Long Run 8 miles RPE 2-3 | 31 miles |
| Race | 12 | Rest Day | Race Pace Run 1 mile (6:51/mile) 1 mile (recovery jog) 1 mile (6:51/mile) | Rest Day | Easy Run with Strides 5 miles RPE 2-3 10x10 sec strides | Rest Day | Shake Out Run 3-4 miles RPE 2-3 | Half Marathon 13.1 miles (6:51/mile)  | |