

1:45 HALF MARATHON TRAINING PLAN - KM

| PHASE | WEEK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Miles |
|-----------|------|----------|--|--|--|--|--|---|--------------|
| Intervals | 1 | Rest Day | Threshold Intervals 3 x 800m (4:51/km) / 800m recovery jog | Recovery Run 6km RPE 2-3 | Race Pace Run 2x: 800m (4:59/km) 800m (recovery jog) 800m (4:59/km) | Recovery Run 6km RPE 2-3 | Rest Day | Long Run 9km RPE 2-3 | 43km |
| | 2 | Rest Day | Threshold Intervals 3 x 800m (4:51/km) / 800m recovery jog | Recovery Run 7km RPE 2-3 | Race Pace Run 2x: 800m (4:59/km) 800m (recovery jog) 800m (4:59/km) | Recovery Run 7km RPE 2-3 | Rest Day | Long Run 10km RPE 2-3 | 47km |
| | 3 | Rest Day | Threshold Intervals 2 x 1.5km (4:51/km) / 800m recovery jog | Recovery Run 8km RPE 2-3 | Race Pace Run 1.5km (4:59/km) 2.5km (recovery jog) 1.5k (4:59/km) | Recovery Run 8km RPE 2-3 | Rest Day | Long Run 11km RPE 2-3 | 50km |
| | 4 | Rest Day | Threshold Intervals 2 x 1.5km (4:51/km) / 800m recovery jog | Recovery Run 7km RPE 2-3 | Race Pace Run 1.5km (4:59/km) 2.5km (recovery jog) 1.5k (4:59/km) | Recovery Run 7km RPE 2-3 | Rest Day | Long Run 9km RPE 2-3 | 44km |
| Tempo | 5 | Rest Day | Tempo Tempo 3km (4:51/km) | Recovery Run 8km RPE 2-3 | Race Pace Run 2.5km(4:59/km) 2.5km (recovery jog) 1.5k (4:59/km) | Recovery Run 8km RPE 2-3 | Rest Day | Long Run 5km RPE 2-3 3km (4:59/km) 3km RPE 2-3 | 49km |
| | 6 | Rest Day | Tempo Tempo 4km (4:51/km) | Recovery Run 9km RPE 2-3 | Race Pace Run 2.5km (4:59/km) 1.5km (recovery jog) 2.5k (4:59/km) | Recovery Run 9km RPE 2-3 | Rest Day | Long Run 13km RPE 2-3 | 55km |
| | 7 | Rest Day | Tempo Tempo 5km (4:51/km) | Recovery Run 9km RPE 2-3 | Race Pace Run 2.5km (4:59/km) 1.5km (recovery jog) 2.5k (4:59/km) | Recovery Run 9km RPE 2-3 | Rest Day | Long Run 5km RPE 2-3 3km (4:59/km) 3km RPE 2-3 3km (4:59/km) | 59km |
| | 8 | Rest Day | Tempo Tempo 4km (4:51/km) | Recovery Run 8km RPE 2-3 | Race Pace Run 3km (4:59/km) 2.5km (recovery jog) 2.5k (4:59/km) | Recovery Run 8km RPE 2-3 | Rest Day | Long Run 11km RPE 2-3 | 52km |
| | 9 | Rest Day | Tempo Tempo 5km (4:51/km) | Recovery Run 9km RPE 2-3 | Race Pace Run 3km (4:59/km) 1.5km (recovery jog) 3km (4:59/km) | Recovery Run 9km RPE 2-3 | Rest Day | Long Run 5km RPE 2-3 3km (4:59/km) 4km RPE 2-3 5km (4:59/km) | 60km |
| Peak | 10 | Rest Day | Threshold Intervals 2 x 1.5km (4:51/km) / 800m recovery jog | Recovery Run 10km RPE 2-3 | Race Pace Run 3km (4:59/km) 1.5km (recovery jog) 3km (4:59/km) | Recovery Run 10km RPE 2-3 | Rest Day | Long Run 19km RPE 2-3 | 64km |
| Taper | 11 | Rest Day | Threshold Intervals 2 x 1.5km (4:51/km) / 800m recovery jog | Recovery Run 8km RPE 2-3 | Race Pace Run 1.5km (4:59/km) 1.5km (recovery jog) 1.5km (4:59/km) | Recovery Run 8km RPE 2-3 | Rest Day | Long Run 11km RPE 2-3 | 49km |
| Race | 12 | Rest Day | Race Pace Run 1.5km (4:59/km) 1.5km (recovery jog) 1.5km (4:59/km) | Rest Day | Easy Run with Strides 6km RPE 2-3 10x10 sec strides | Rest Day | Shake Out Run 4-5km RPE 2-3 | Half Marathon 21.2 kms (4:59/km)  | |