



SUB 2 HOUR HALF MARATHON PLAN

- KM

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Intervals	1	Rest Day	Threshold Intervals 3 x 800m (5:16/km) / 800m recovery jog	Recovery Run 5km RPE 2-3	Race Pace Run x: 800m (5:27/km) 800m (recovery jog) 800m (5:27/km)	Recovery Run 5km RPE 2-3	Rest Day	Long Run 7km RPE 2-3	39km
	2	Rest Day	Threshold Intervals 3 x 800m (5:16/km) / 800m recovery jog	Recovery Run 5.5km RPE 2-3	Race Pace Run x: 800m (5:27/km) 800m (recovery jog) 800m (5:27/km)	Recovery Run 5.5km RPE 2-3	Rest Day	Long Run 8km RPE 2-3	42km
	3	Rest Day	Threshold Intervals 2 x 1.5km (5:16/km) / 800m recovery jog	Recovery Run 6.5km RPE 2-3	Race Pace Run 1.5km (5:27/km) 2.5km (recovery jog) 1.5k (5:27/km)	Recovery Run 6.5km RPE 2-3	Rest Day	Long Run 9.5km RPE 2-3	45km
	4	Rest Day	Threshold Intervals 2 x 1.5km (5:16/km) / 800m recovery jog	Recovery Run 5.5km RPE 2-3	Race Pace Run 1.5km (5:27/km) 2.5km (recovery jog) 1.5k (5:27/km)	Recovery Run 5.5km RPE 2-3	Rest Day	Long Run 6.5km RPE 2-3	40km
Tempo	5	Rest Day	Tempo Tempo 3km (5:16/km)	Recovery Run 6.5km RPE 2-3	Race Pace Run 2.5km (5:27/km) 2.5km (recovery jog) 1.5k (5:27/km)	Recovery Run 6.5km RPE 2-3	Rest Day	Long Run 3.5km RPE 2-3 3km (5:27/km) 3km RPE 2-3	45km
	6	Rest Day	Tempo Tempo 4km (5:16/km)	Recovery Run 7km RPE 2-3	Race Pace Run 2.5km (5:27/km) 1.5km (recovery jog) 2.5k (5:27/km)	Recovery Run 7km RPE 2-3	Rest Day	Long Run 12km RPE 2-3	50km
	7	Rest Day	Tempo Tempo 5km (5:16/km)	Recovery Run 7km RPE 2-3	Race Pace Run 2.5km (5:27/km) 1.5km (recovery jog) 2.5k (5:27/km)	Recovery Run 7km RPE 2-3	Rest Day	Long Run 3km RPE 2-3 3km (5:27/km) 4km RPE 2-3 3km (5:27/km)	53km
	8	Rest Day	Tempo Tempo 4km (5:16/km)	Recovery Run 6.5km RPE 2-3	Race Pace Run 3km (5:27/km) 2.5km (recovery jog) 2.5k (5:27/km)	Recovery Run 6.5km RPE 2-3	Rest Day	Long Run 10km 2-3 RPE	48km
	9	Rest Day	Tempo Tempo 5km (5:16/km)	Recovery Run 8km RPE 2-3	Race Pace Run 3km (5:27/km) 1.5km (recovery jog) 3 (5:27/km)	Recovery Run 8km RPE 2-3	Rest Day	Long Run 3km RPE 2-3 3km (5:27/km) 4km RPE 2-3 5km (5:27/km)	56km
Peak	10	Rest Day	Threshold Intervals 2 x 1.5km (5:16/km) / 800m recovery jog	Recovery Run 8km RPE 2-3	Race Pace Run 3km (5:27/km) 1.5km (recovery jog) 3 (5:27/km)	Recovery Run 8km RPE 2-3	Rest Day	Long Run 17.5km RPE 2-3	59km
Taper	11	Rest Day	Threshold Intervals 2 x 1.5km (5:16/km) / 800m recovery jog	Recovery Run 6.5km RPE 2-3	Race Pace Run 1.5km (5:27/km) 1.5km (recovery jog) 1.5km (5:27/km)	Recovery Run 6.5km RPE 2-3	Rest Day	Long Run 11km RPE 2-3	46km
Race	12	Rest Day	Race Pace Run 1.5km (5:27/km) 1.5km (recovery jog) 1.5km (5:27/km)	Rest Day	Easy Run with Strides 5km PE 2-3 10x10 sec strides	Rest Day	Shake Out Run 5-4km RPE 2-3	Half Marathon 21.2 kms 27(km) 🏆	