



# SUB 2 HOUR HALF MARATHON PLAN

## - KM

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