



SUB 2 HOUR HALF MARATHON PLAN

- MILES

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Intervals	1	Rest Day	Threshold Intervals 3 x .5 miles (8:28/mile) / .5 miles recovery jog	Recovery Run 3 miles RPE 2-3	Race Pace Run 2x: .5 miles (8:46/mile) .5 miles (recovery jog) .5 miles (8:46/mile)	Recovery Run 3 miles RPE 2-3	Rest Day	Long Run 4 miles RPE 2-3	24 miles
	2	Rest Day	Threshold Intervals 3 x .5 miles (8:28/mile) / .5 miles recovery jog	Recovery Run 3.5 miles RPE 2-3	Race Pace Run 2x: .5 miles (8:46/mile) .5 miles (recovery jog) .5 miles (8:46/mile)	Recovery Run 3.5 miles RPE 2-3	Rest Day	Long Run 5 miles RPE 2-3	26 miles
	3	Rest Day	Threshold Intervals 2 x 1 mile (8:28/mile) / .5 miles recovery jog	Recovery Run 4 miles RPE 2-3	Race Pace Run 1 mile (8:46/mile) 1.5 miles (recovery jog) 1 mile (8:46/mile)	Recovery Run 4 miles RPE 2-3	Rest Day	Long Run 6 miles RPE 2-3	28 miles
	4	Rest Day	Threshold Intervals 2 x 1 mile (8:28/mile) / .5 miles recovery jog	Recovery Run 3.5 miles RPE 2-3	Race Pace Run 1 mile (8:46/mile) 1.5 miles (recovery jog) 1 mile (8:46/mile)	Recovery Run 3.5 miles RPE 2-3	Rest Day	Long Run 4 miles RPE 2-3	25 miles
Tempo	5	Rest Day	Tempo Tempo 2 miles (8:28/mile)	Recovery Run 4 miles RPE 2-3	Race Pace Run 1.5 miles (8:46/mile) 1.5 miles (recovery jog) 1 mile (8:46/mile)	Recovery Run 4 miles RPE 2-3	Rest Day	Long Run 2 miles RPE 2-3 2 miles (8:46/mile) 2 miles RPE 2-3	28 miles
	6	Rest Day	Tempo Tempo 2.5 miles (8:28/mile)	Recovery Run 4.5 miles RPE 2-3	Race Pace Run 1.5 miles (8:46/mile) 1 mile (recovery jog) 1.5 mile (8:46/mile)	Recovery Run 4.5 miles RPE 2-3	Rest Day	Long Run 7 miles RPE 2-3	31 miles
	7	Rest Day	Tempo Tempo 3 miles (8:28/mile)	Recovery Run 4.5 miles RPE 2-3	Race Pace Run 1.5 miles (8:46/mile) 1 mile (recovery jog) 1.5 mile (8:46/mile)	Recovery Run 4.5 miles RPE 2-3	Rest Day	Long Run 2 miles RPE 2-3 2 miles (8:46/mile) 2 miles RPE 2-3 2 miles (8:46/mile)	33 miles
	8	Rest Day	Tempo Tempo 2.5 miles (8:28/mile)	Recovery Run 4 miles RPE 2-3	Race Pace Run 2 miles (8:46/mile) 1.5 mile (recovery jog) 1.5 mile (8:46/mile)	Recovery Run 4 miles RPE 2-3	Rest Day	Long Run 6 miles RPE 2-3	30 miles
	9	Rest Day	Tempo Tempo 3 miles (8:28/mile)	Recovery Run 5 miles RPE 2-3	Race Pace Run 2 miles (8:46/mile) 1 mile (recovery jog) 2 miles (8:46/mile)	Recovery Run 5 miles RPE 2-3	Rest Day	Long Run 2 miles RPE 2-3 2 miles (8:46/mile) 2 miles RPE 2-3 3 miles (8:46/mile)	35 miles
Peak	10	Rest Day	Threshold Intervals 2 x 1 mile (8:28/mile) / .5 miles recovery jog	Recovery Run 5 miles RPE 2-3	Race Pace Run 2 miles (8:46/mile) 1 mile (recovery jog) 2 miles (8:46/mile)	Recovery Run 5 miles RPE 2-3	Rest Day	Long Run 11 miles RPE 2-3	37 miles
Taper	11	Rest Day	Threshold Intervals 2 x 1 mile (8:28/mile) / .5 miles recovery jog	Recovery Run 4 miles RPE 2-3	Race Pace Run 1 miles (8:46/mile) 1 mile (recovery jog) 1 mile (8:46/mile)	Recovery Run 4 miles RPE 2-3	Rest Day	Long Run 7 miles RPE 2-3	29 miles
Race	12	Rest Day	Race Pace Run 1 mile (8:46/mile) 1 mile (recovery jog) 1 mile (8:46/mile)	Rest Day	Easy Run with Strides 3 miles RPE 2-3 10x10 sec strides	Rest Day	Shake Out Run 2-3 miles RPE 2-3	Half Marathon 13.1 miles (8:46/mile) 	