

Sub 2 Hour Half Marathon | Training Plan



LR = LONG RUN
XC = CROSS TRAIN

TR = TEMPO RUN
MR = MILE REPEATS
HMP = HALF MARATHON PACE

WK 1

M

REST / XT

T

EASY 5 MI

W

7 MI TR
5 AT
HMP (9:09)

T

EASY 3 MI

F

EASY 4 MI

S

REST/XC

S

EASY 5 MI

WK 2

REST / XT

EASY 4 MI

REST / XT

MR 3X1 MI AT
8:20

EASY 4 MI

REST/XC

10 MI LR

WK 3

REST / XT

EASY 3 MI

EASY 3 MI

TR 6 MI,
4 AT 8:54

EASY 3 MI

REST/XC

11 MI LR

WK 4

REST / XT

EASY 3 MI

EASY 3 MI

TR 7 MI
5 AT 9:00

EASY 4 MI

REST/XC

13 MI LR

WK 5

REST / XT

EASY 3 MI

EASY 3 MI

MR 4X1 MI
AT 8:15

EASY 3 MI

REST/XC

10 MI LR

WK 6

REST / XT

EASY 3 MI

REST/XT

3 MI, 1
AT 8:54

REST/XC

REST/XC

RACE DAY!