**2 Hour 30 Mins Half Marathon Training Plan**

**Key Pacing Information**

Half Marathon Race Pace (HMP): 11.26 min per mile

Slow/Easy run: 12.10-12.30 min per mile (6 Rate Perceived Exertion [RPE])

Interval Sessions – 8/9 RPE

**Structure of Interval / Hill / Quicker than Half Marathon Pace Session**

RAMP Warm Up

1 Mile Jog

Session

1 Mile Jog

Static Stretching

**Hill Session Info**

Hill reps should last at least 1min but no more the 90 seconds. Recover by jogging back down the hill.

**Recovery Info**

Recovery can be active e.g. Swimming, Flexibility, Pilates etc or can be complete rest – individual choice.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |  |  |
| Week 1 |  | Recovery | 3 Mile Easy | Recovery | 2 Mile @ Quicker than HMP | Recovery | Recovery | 5 Mile Easy |
| 2 |  | Recovery | 3 Mile Easy | Recovery | 3 x 5min (2min off) | Recovery | Recovery | 6 Mile Easy |
| 3 |  | Recovery | 4 Mile Easy | Recovery | 4 Mile @ Quicker than HMP | Recovery | Recovery | 7 Mile Easy |
| 4 |  | Recovery | 4 Mile Easy | Recovery | 25min Hill reps | Recovery | 4 Mile Easy | 7 Mile Easy |
| 5 |  | Recovery | 5 Mile Easy | Recovery | 4 Mile @ Quicker than HMP | Recovery | Recovery | 8 Mile Easy |
| 6 |  | Recovery | 5 Mile Easy | Recovery | 3 x 7mins (2min off) | Recovery | Recovery | 9 Mile Easy |
| 7 |  | Recovery | 4 Mile Easy | Recovery | 3 Mile @ Quicker than HMP | Recovery | 5 Mie Easy | 10 Mile Easy |
| 8 |  | Recovery | 5 Mile Easy | Recovery | 3 x 10min on (3min off) | Recovery | Recovery | 10 Mile Easy |
| 9 |  | Recovery | 5 Mile Easy | Recovery | 25mins Hill reps | Recovery | Recovery | 11 Mile Easy |
| 10 |  | Recovery | 5 Mile Easy | Recovery | 6 Mile @ Quicker than HMP | Recovery | 5 Mile Easy | 11 Mile Easy |
| 11 |  | Recovery | 4 Mile Easy | Recovery | 8 x 2mins (90 sec off) | Recovery | Recovery | 7 Mile Easy |
| 12 |  | Recovery | 3 Mile Easy | Recovery | 5 x 60sec on (90 sec off) | Recovery | Recovery | RACE |

**Key:**

Interval (8/9 RPE) FASTER THAN MARATHON PACE Hills (8/9 RPE) EASY RUN (6 RPE) RECOVERY RACE