# 1:30 HALF MARATHON TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	2 x 800m Intervals	Long Run 5 Miles
2	Rest Day	Training Run 4 Miles	Race Pace 4 Miles	Strength Training	Training Run 4 Miles	Rest Day	Long Run 6 Miles
3	Rest Day	Training Run 5 Miles	Race Pace 4 Miles	Strength Training	Training Run 5 Miles	3 x 800m Intervals	Long Run 7 Miles
4	Rest Day	Training Run 5 Miles	Race Pace 4 Miles	Strength Training	Training Run 5 Miles	Rest Day	Long Run 5 Miles
5	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	3 x 800m Intervals	Long Run 8 Miles
6	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	4 x 800m Intervals	Long Run 9 Miles
7	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	4 x 800m Intervals	Long Run 10 Miles
8	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	5 x 800m Intervals	Long Run 7 Miles
9	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	5 x 800m Intervals	Long Run 10 Miles
10	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	5 x 800m Intervals	Long Run 12 Miles
11	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	2 x 800m Intervals	Long Run 7 Miles
12	Rest Day	Training Run 3 Miles	Rest Day	Easy Run 3 miles	Rest Day	Easy Run 2 miles	Half Marathon

- Training Runs: aim to do these at 3-4 out of 10 RPE; Race Pace runs should be at your target race pace of 6mins 45 sec per mile, If you can't hit this pace from week 1, aim for a 4 out of 10 in terms of physical exertion
- Intervals: An 800m interval means running hard uncomfortably hard for 800m, or 2 x laps of a running track.
   Aim for 8-9 out of 10 for effort. Recover between intervals with 400m of walking or very gentle jogging. Do a 1.5 mile warm-up and cool-down before and after every interval workout.
- Long Runs: Do these at a slow, comfortable pace aim for 'conversational'. Try not to stop or break up this run.
   Alm for 2-3 out of 10 for effort.
- Strength Training: Aim for 45 mins of strength training, at least once per week. Compound exercises that involve heavy lifting is the most effective, so think Squats, Deadlifts, Lunges, etc.

>>> E

MARATHON

HANDBOOK

# **Half Marathon You Can Do It**

Yan Bai



Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Half Marathon You Can Do It**. In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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