RW

HALF MARATHON TRAINING PLAN

BREAK 1:30

This plan will help you break 1:30 in the half marathon. It is geared toward runners who have averaged 30 miles or more per week for at least six months and who want to develop speed over a longer distance. You'll have at least one rest day per week, but up to two, and a mix of easy runs, speed workouts, and long runs, which start at 10 miles and peak at 16.

GET ALL THE DETAILS YOU NEED TO TRAIN FOR AND RACE 13.1 WITH OUR **MASTER THE HALF MARATHON PROGRAM**!

BREAK 1:30 HALF MARATHON TRAINING PLAN

	DAY 1 ☐	DAY 2 ☐	DAY 3 ☐	DAY 4 ☐	DAY 5 ☐	DAY 6 ☐	DAY 7 ☐
WEEK 1	Rest or Cross-Train	5 miles Easy Run	7 miles with Intervals	3–5 miles Easy Run	0–3 miles Easy Run	Rest or Cross-Train	10 miles LSD
	DAY 8 ☐	**DAY 9** ☐	**DAY 10** ☐	**DAY 11** ☐	**DAY 12** ☐	**DAY 13** ☐	**DAY 14** ☐
WEEK 2	Rest or Cross-Train	5 miles Easy Run	6 miles with Intervals	3–5 miles Easy Run	5 miles Easy Run	Rest or Cross-Train	8 miles LSD
	DAY 15 ☐	**DAY 16** ☐	**DAY 17** ☐	**DAY 18** ☐	**DAY 19** ☐	**DAY 20** ☐	**DAY 21** ☐
WEEK 3	Rest or Cross-Train	6 miles Easy Run	7 miles with Intervals	3–5 miles Easy Run	6 miles Easy Run	Rest or Cross-Train	12 miles LSD
	DAY 22 ☐	**DAY 23** ☐	**DAY 24** ☐	**DAY 25** ☐	**DAY 26** ☐	**DAY 27** ☐	**DAY 28** ☐
WEEK 4	Rest or Cross-Train	7 miles Easy Run	7 miles with Intervals	3–5 miles Easy Run	6 miles Easy Run	Rest or Cross-Train	10K Race or 8 miles with 3 miles at Tempo
	DAY 29 ☐	**DAY 30** ☐	**DAY 31** ☐	**DAY 32** ☐	**DAY 33** ☐	**DAY 34** ☐	**DAY 35** ☐
WEEK 5	Rest or Cross-Train	6 miles Easy Run	7–8 miles with Intervals	4–6 miles Easy Run	5 miles Easy Run	Rest or Cross-Train	14 miles LSD

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	DAY 36 ☐	DAY 37 ☐	DAY 38 ☐	DAY 39 ☐	DAY 40 ☐	DAY 41 ☐	DAY 42 ☐
WEEK 6	Rest or Cross-Train	7 miles Easy Run	7-8 miles with Intervals	4–6 miles Easy Run	6 miles Easy Run	Rest or Cross-Train	5K Race or 9–10 miles with 4 miles at Tempo
	DAY 43 ☐	**DAY 44** ☐	**DAY 45** ☐	**DAY 46** ☐	**DAY 47** ☐	**DAY 48** ☐	**DAY 49** ☐
WEEK 7	Rest or Cross-Train	6 miles Easy Run	9 miles with Intervals	4–6 miles Easy Run	5 miles Easy Run	Rest or Cross-Train	16 miles LSD
	DAY 50 ☐	**DAY 51** ☐	**DAY 52** ☐	**DAY 53** ☐	**DAY 54** ☐	**DAY 55** ☐	**DAY 56** ☐
WEEK 8	Rest or Cross-Train	4–6 miles Easy Run	7–8 miles with Intervals	4–6 miles Easy Run	5 miles Easy Run	Rest or Cross-Train	10 miles with 6 miles at Tempo
	DAY 57 ☐	**DAY 58** ☐	**DAY 59** ☐	**DAY 60** ☐	**DAY 61** ☐	**DAY 62** ☐	**DAY 63** ☐
WEEK 9	Rest or Cross-Train	6 miles Easy Run	9 miles with Intervals	4–6 miles Easy Run	3 miles Easy Run	Rest or Cross-Train	8 miles LSD
	DAY 64 ☐	**DAY 65** ☐	**DAY 66** ☐	**DAY 67** ☐	**DAY 68** ☐	**DAY 69** ☐	**DAY 70** ☐
WEEK 10	Rest or Cross-Train	4 miles Easy Run	6 miles with Intervals	0–3 miles Easy Run	Rest or Cross-Train	2–3 miles Easy Run	**RACE DAY!**

WORKOUT KEY

▶ **Rest**

Take the day off! You can use this time to relax on the couch, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover from the hard work you put in, which allows you to progress, and they get you ready for the next run.

▶ **Easy Run**

These workouts should feel just as they sound: easy. You want to run at an effort that allows you to have a conversation. If you're huffing and puffing, you're going too fast. Try to start them extra slow and light so you can finish strong. These allow you to increase your time on feet and weekly mileage, building endurance while lowering risk of injury. They'll also strengthen your lungs and your legs. You can also sub in cross-training on optional easy run days. For a pace goal, aim for no faster than 8:24/mile.

▶ **Miles With Intervals**

These are your speed workouts. They're designed to get you faster via interval training. You'll start with easy running to warm up and end with easy running to cool down. Follow the workout prescriptions to gain the most benefits (don't overdo it!), and know some days you won't hit the paces perfectly. Make sure you recover between each interval, jogging or walking.

▶ **LSD: Long Slow Distance Run**

These workouts are all about building endurance and teaching you to run farther so you can finish your race feeling strong. Whenever you're pushing your body farther, it's extra important to start at a pace that feels conservative. That way, you have the energy to finish feeling good. So start slower than you think you need to, and remember you should be able to hold a conversation as you run.

▶ **Tempo**

You'll see tempo miles mixed into a few of your long runs. You'll run these faster than goal half marathon pace, aiming for 6:45/mile, which will make your pace on race day feel easier. These efforts should feel comfortably hard, about a 6 or 7 on a scale of 1 to 10 rote of perceived exertion, with 10 being all-out effort.

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SPEED WORKOUTS

Day 3:   7 miles with Intervals
- 2 miles easy warmup
- 8 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 2 miles easy cooldown

Day 10:   6 miles with Intervals
- 2 miles easy warmup
- 3 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 2 × 600m at 2:18 pace (6:10 /mile), 200m recovery
- 2 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 mile easy cooldown

Day 17:   7 miles with Intervals
- 2 miles easy warmup
- 3 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 3 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 mile easy cooldown

Day 24:   7 miles with Intervals
- 2 miles easy warmup
- 2 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 1200m at 4:36 pace (6:08/mile), 400m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 2 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 mile easy cooldown

Day 28:   10K Race or 8 miles with 3 miles at Tempo
- 3 miles easy warmup
- 3 miles at tempo (6:45/mile)
- 2 miles easy cooldown

Day 31:   7-8 miles with Intervals
- 2 miles easy warmup
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 1200m at 4:36 pace (6:08/mile), 400m recovery
- 1 × 1 mile at 6:10 pace, 800m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 mile easy cooldown

Day 38:   7-8 miles with Intervals
- 2 miles easy warmup
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 5 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 mile easy cooldown

Day 42:   5K Race or 9-10 miles with 4 miles at Tempo
- 3 miles easy running
- 4 miles at tempo (6:45/mile)
- 3 miles easy running

Day 45:   9 miles with Intervals
- 2 miles easy warmup
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 1 mile at 6:10 pace, 800m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 1 mile at 6:10 pace, 800m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 mile easy cooldown

Day 52:   7-8 miles with Intervals
- 2 miles easy warmup
- 10 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1-2 miles easy cooldown

Day 56:   10 miles with 6 miles at Tempo
- 2 miles easy warmup
- 6 miles at tempo (6:45/mile)
- 2 miles easy running

Day 59:   9 miles with Intervals
- 2 miles easy warmup
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 × 1 mile at 6:10 pace, 800m recovery
- 1 × 1200m at 4:36 pace (6:08/mile), 400m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 × 1200m at 4:36 pace (6:08/mile), 400m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 mile easy cooldown

Day 66:   6 miles with Intervals
- 2 miles easy warmup
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 × 800m at 3:04 pace (6:08/mile), 400m recovery
- 1 × 400m at 1:32 pace (6:08/mile), 200m recovery
- 1 mile easy cooldown