



**10 - WEEK**

# HALF MARATHON TRAINING PLAN

## **BREAK 2:30**

This 10-week plan, designed for anyone who wants to break 2:30 in a half marathon, will help you accomplish your goal of maintaining a 11:27 per mile pace during the race. It is geared for runners who have at least a year of experience running on a regular basis and who log an average of 15 miles per week. Most weeks include three days of rest, three to four days of shorter runs, and one long run, which starts at five miles, builds gradually, and peaks at 13 miles. You'll do workouts that include miles at your goal race pace so that you can develop the stamina you need to finish 13.1 miles feeling strong.

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

**JUMP TO:**

**TRAINING PLAN** • **WORKOUT KEY** • **SPEED WORKOUTS**



# BREAK 2:30 HALF MARATHON TRAINING PLAN

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	4 miles Easy Run	3 miles Easy Run	Rest or Cross-Train	5 miles LSD
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	5 miles Easy Run	2 miles Easy Run	Rest or Cross-Train	7 miles LSD
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	<u>5 miles with 3 miles at HMP</u>	Rest or Cross-Train	2 miles Easy Run	8 miles LSD
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	<u>6 miles with 4 miles at HMP</u>	Rest or Cross-Train	2 miles Easy Run	6 miles LSD
WEEK 5	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	Rest or Cross-Train	4 miles Easy Run	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	Rest or Cross-Train	10 miles LSD



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WEEK 6	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
	Rest	2 miles Easy Run	Rest or Cross-Train	5 miles with 3 miles at HMP	2 miles Easy Run	Rest or Cross-Train	8 miles LSD
	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
	Rest or Cross-Train	2 miles Easy Run	Rest or Cross-Train	6 miles with 4 miles at HMP	2 miles Easy Run	Rest or Cross-Train	12-13 miles LSD
	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56
WEEK 8	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	6 miles with 4 miles at HMP	3 miles Easy Run	Rest or Cross-Train	10 miles LSD
	DAY 57	DAY 58	DAY 59	DAY 60	DAY 61	DAY 62	DAY 63
	Rest or Cross-Train	2 miles Easy Run	Rest or Cross-Train	7 miles with 5 miles at HMP	3 miles Easy Run	Rest	8 miles LSD
	DAY 64	DAY 65	DAY 66	DAY 67	DAY 68	DAY 69	DAY 70
	Rest or Cross-Train	2 miles Easy Run	Rest or Cross-Train	5 miles with 3 miles at HMP	Rest or Cross-Train	Rest or Cross-Train	<b>RACE DAY!</b>

## 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 12:47/mile.

### ▶ Miles with HMP

You'll see half marathon pace workouts mixed into some of your runs. You'll run these portions at goal half marathon pace. To break 2:30, that means 11:27/mile. They'll help you improve lung power, biomechanical efficiency, running economy, and the mental toughness that racing demands.

### ▶ 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. Stick to a pace around 12:47/mile.

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## SPEED WORKOUTS

- Day 18:** 5 miles with 3 miles at HMP
- 1-mile easy warmup
  - 3 miles at half marathon pace (11:27/mile)
  - 1-mile easy cooldown
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- Day 25:** 6 miles with 4 miles at HMP
- 1-mile easy warmup
  - 4 miles at half marathon pace (11:27/mile)
  - 1-mile easy cooldown
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- Day 39:** 5 miles with 3 miles at HMP
- 1-mile easy warmup
  - 3 miles at half marathon pace (11:27/mile)
  - 1-mile easy cooldown
- 

- Day 46:** 6 miles with 4 miles at HMP
- 1-mile easy warmup
  - 4 miles at half marathon pace (11:27/mile)
  - 1-mile easy cooldown
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- Day 53:** 6 miles with 4 miles at HMP
- 1-mile easy warmup
  - 4 miles at half marathon pace (11:27/mile)
  - 1-mile easy cooldown
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- Day 60:** 7 miles with 5 miles at HMP
- 1-mile easy warmup
  - 5 miles at half marathon pace (11:27/mile)
  - 1-mile easy cooldown
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- Day 67:** 5 miles with 3 miles at HMP
- 1-mile easy warmup
  - 3 miles at half marathon pace (11:27/mile)
  - 1-mile easy cooldown