



10 - WEEK

HALF MARATHON TRAINING PLAN



BREAK 1:45

This plan was designed for runners who want to break 1:45 in the half marathon. It is geared for runners who have averaged 30 miles per week or more for at least six months and who want to develop speed over a longer distance. Each week features one or two days of rest and five or six days of running. That includes tempo runs, intervals, and long runs, which start at 10 miles and peak at 16 miles.

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

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BREAK 1:45 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 <u>with Intervals</u>	3–5 miles Easy Run	0–3 miles Easy Run	Rest or Cross-Train	10 miles LSD
WEEK 2	Rest or Cross-Train	5 miles Easy Run	6 miles <u>with Intervals</u>	3–5 miles Easy Run	5 miles Easy Run	Rest or Cross-Train	8 miles LSD
WEEK 3	Rest or Cross-Train	6 miles Easy Run	7 miles <u>with Intervals</u>	3–5 miles Easy Run	6 miles Easy Run	Rest or Cross-Train	12 miles LSD
WEEK 4	Rest or Cross-Train	7 miles Easy Run	7 miles <u>with Intervals</u>	3–5 miles Easy Run	6 miles Easy Run	Rest or Cross-Train	<u>8 miles with 3 miles at Tempo</u>
WEEK 5	Rest or Cross-Train	6 miles Easy Run	7–8 miles <u>with Intervals</u>	6 miles Easy Run	5 miles Easy Run	Rest or Cross-Train	14 miles LSD

BREAK 1:45 HALF MARATHON TRAINING PLAN



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

WORKOUT KEY

► Rest or Cross-Train

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 9:37/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 7:42/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 rate 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 1:46 pace (7:06/mile), 200m recovery
 - 2 miles easy cooldown
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Day 10: 6 miles with Intervals

- 2 miles easy warmup
 - 3 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 2 × 600m at 2:39 pace (7:06/mile), 200m recovery
 - 2 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 1 mile easy cooldown
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Day 17: 7 miles with Intervals

- 2 miles easy warmup
 - 3 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 3 × 800m at 3:32 pace (7:06/mile), 400m recovery
 - 1 mile easy cooldown
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Day 24: 7 miles with Intervals

- 2 miles easy warmup
 - 2 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 1 × 800m at 3:32 pace (7:06/mile), 400m recovery
 - 1 × 1200m at 5:18 pace (7:06/mile), 400m recovery
 - 1 × 800m at 3:32 pace (7:06/mile), 400m recovery
 - 2 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 1 mile easy cooldown
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Day 28: 8 miles with 3 miles at Tempo

- 3 miles easy warmup
 - 3 miles at 7:42 pace
 - 2 miles easy cooldown
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Day 31: 7–8 miles with Intervals

- 2 miles easy warmup
 - 1 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 1 × 800m at 3:32 pace (7:06/mile), 400m recovery
 - 1 × 1200m at 5:18 pace (7:06/mile), 400m recovery
 - 1 × 1 mile at 7:10 pace, 800m recovery
 - 1 × 800m at 3:32 pace (7:06/mile), 400m recovery
 - 1 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 1 mile easy cooldown
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Day 38: 7–8 miles with Intervals

- 2 miles easy warmup
- 1 × 400m at 1:45 pace (7:02/mile), 200m recovery
- 5 × 800m at 3:32 pace (7:06/mile), 400m recovery
- 1 × 400m at 1:45 pace (7:02/mile), 200m recovery
- 1 mile easy cooldown

Day 42: 9–10 Miles with 4 Miles at Tempo (or 5K Race)

- 3 miles easy warmup
 - 4 miles at 7:42 pace
 - 2–3 miles easy cooldown
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Day 45: 9 miles with Intervals

- 2 miles easy warmup
 - 1 × 400m at 1:45 pace (7:02/mile), 200 m recovery
 - 1 × 800m at 3:30 pace (7:02/mile), 400m recovery
 - 1 × 1 mile at 7:10 pace, 800m recovery
 - 1 × 800m at 3:30 pace (7:02/mile), 400m recovery
 - 1 × 1 mile at 7:10 pace, 800m recovery
 - 1 × 800m at 3:45 pace (7:33/mile), 400m recovery
 - 1 mile easy cooldown
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Day 52: 7–8 miles with Intervals

- 2 miles easy warmup
 - 10 × 400m at 1:45 pace (7:02/mile), 200m recovery
 - 1–2 miles easy cooldown
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Day 56: 10 miles with 6 miles at Tempo

- 2 miles easy warmup
 - 6 miles at 7:42 pace
 - 2 miles easy cooldown
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Day 59: 9 Miles with Intervals (Mile Breakdown)

- 2 miles easy warmup
 - 1 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 1 × 1 mile at 7:10 pace, 800m recovery
 - 1 × 1200m at 5:18 pace (7:06/mile), 400m recovery
 - 1 × 800m at 3:30 pace (7:02/mile), 400m recovery
 - 1 × 400m at 1:46 pace (7:06/mile), 200m recovery
 - 1 × 1200m at 5:15 pace (7:02/mile), 400m recovery
 - 1 × 800m at 3:30 pace (7:02/mile), 400m recovery
 - 1 × 400m at 1:45 pace (7:02/mile), 200m recovery
 - 1 mile easy cooldown
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Day 66: 6 Miles with Intervals (Taper Workout)

- 2 miles easy warmup
- 1 × 400m at 1:45 pace (7:02/mile), 200m recovery
- 1 × 800m at 3:30 pace (7:02/mile), 400m recovery
- 1 × 400m at 1:45 pace (7:02/mile), 200m recovery
- 1 × 800m at 3:30 pace (7:02/mile), 400m recovery
- 1 × 400m at 1:45 pace (7:02/mile), 200m recovery
- 1 mile easy cooldown