



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!**](#)

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BREAK 2:30 HALF MARATHON TRAINING PLAN



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Rest or Cross-Train	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	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	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	5 miles with 3 miles at HMP	Rest or Cross-Train	2 miles Easy Run	8 miles LSD
WEEK 4	Rest or Cross-Train	3 miles Easy Run	Rest or Cross-Train	6 miles with 4 miles at HMP	Rest or Cross-Train	2 miles Easy Run	6 miles LSD
WEEK 5	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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	DAY 36	■	DAY 37	■	DAY 38	■	DAY 39	■	DAY 40	■	DAY 41	■	DAY 42	■
WEEK 6	Rest		2 miles Easy Run		Rest or Cross-Train		<u>5 miles with 3 miles at HMP</u>		2 miles Easy Run		Rest or Cross-Train		8 miles LSD	
WEEK 7	Rest or Cross-Train		2 miles Easy Run		Rest or Cross-Train		<u>6 miles with 4 miles at HMP</u>		2 miles Easy Run		Rest or Cross-Train		12–13 miles LSD	
WEEK 8	Rest or Cross-Train		3 miles Easy Run		Rest or Cross-Train		<u>6 miles with 4 miles at HMP</u>		3 miles Easy Run		Rest or Cross-Train		10 miles LSD	
WEEK 9	Rest or Cross-Train		2 miles Easy Run		Rest or Cross-Train		<u>7 miles with 5 miles at HMP</u>		3 miles Easy Run		Rest		8 miles LSD	
WEEK 10	Rest or Cross-Train		2 miles Easy Run		Rest or Cross-Train		<u>5 miles with 3 miles at HMP</u>		Rest or Cross-Train		Rest or Cross-Train		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 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
-

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
-

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
-

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