

RUNNER'S[®] WORLD

12 Weeks To A Sub-2 Half Marathon

	Day 1	Day 2	Day 3	Day 4
Week 1	6.5km slow	5km slow	6.5km	5km time trial
Week 2	5km easy	5km, with a few 50m bursts	5km easy	8-10km slow
Week 3	6.5km easy	6.5km, with a few 100m bursts	5km, timed, plus 1.5km jog	11-13km slow (or 1h – 1h15)
Week 4	6.5km easy	6.5km, with a few 30 second bursts	6.5km	13km slow (or 1h – 1h15)
Week 5	6.5km or 35 mins easy.	6 – 7km of fast-and-slow, with bursts up the hills (but not down them)	6.5km or 35 mins easy	14 – 16km steady, or 10K race.
Week 6	6.5km easy.	6.5km, with a few 100m bursts.	5km, timed, plus 1.5km jog.	11 – 13km slow (or 1h-1h15min)
Week 7	5 – 6.5km easy.	1.5km jog, then 2x5min fast, with 5 min slow jog recovery.	6.5km easy on grass.	14-16km slow.
Week 8	6.5km easy.	6.5km, with a few 30 second bursts.	6.5km	13km slow (or 1h-1h15min)
Week 9	5 - 6km easy.	5km, with a few short bursts.	5km on grass	Warm up, then do a 10K race, then 10mins walking or jogging.
Week 10	6.5 – 8km km easy.	1.5km jog, then 2 x 7-8 mins fast, with 5 min jog recovery between.	6.5km on grass, incl several short bursts.	17 – 19km, as slow as you like.
Week 11	5 – 6 km easy.	1.5km jog, then 2 x 5 mins fast, with 5 min jog recovery between.	6.5km easy on grass	14 – 16km slow
Week 12	5km easy.	1.5km jog, then 1.5km at race speed, then 1.5km jog.	3km jog	RACE DAY!