



## Sub 1:30 half marathon training plan

### Reaching your personal best

Like any athlete, you can only reach your full potential if you train smart. Many people think, the harder the better. So they train too hard, then they end up feeling tired, they get ill or they injure themselves. The way to avoid

this and perform at your best is to train smart. Plan all your training sessions. Understand what each one is trying to achieve. And, when you get started, be mindful of how each session should feel in its effort and intensity. Here's a guide for just that.

### Is this plan suitable for me?

This plan for experienced runners. You'll already train 5 or 6 times a week, and now you want either to break 1 hour 30 minutes or beat your personal best. Ask yourself if the plan matches your current

fitness level, and take care to see that it fits your availability to train each week. Be honest. Think carefully about your work, family and social commitments. While you want to challenge yourself, your training should be enjoyable and stress free.

Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel: the talk test
Recovery	6-6.5	60-65%	You can speak in complete sentences, totally conversational. You're relaxed and enjoying the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but you have a slight pause in your breath.
Threshold	8-8.5	80-85%	You can speak 4-5 words. Your breathing is more laboured and you know you're working. We call this: controlled discomfort.
Hard	8.5-9	85-90%	You can say only 2-3 words maximum and you're out of breath, but you know you could still do more if you had to.

\*Perceived effort =  
1 represents no effort and  
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 4 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	<b>Run</b> 45 mins easy run + stretch	<b>Run</b> 40 mins steady run on undulating terrain + stretch	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 3 x 6 mins at threshold effort with a 90 secs recovery between sets, 10 mins cool down	<b>Long run</b> 75 mins run: alternate easy with steady effort, off-road if possible + stretch
<b>Week 2</b>	<b>Run</b> 30 mins easy run + 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 5 x 5 mins at threshold effort with 90 secs recovery jog between sets, 10 mins cool down + stretch	<b>Run</b> 45 mins easy run + stretch	<b>Run</b> 30 mins easy run <b>Conditioning</b> 30 mins conditioning work	<b>Run</b> 40 mins easy run	<b>Workout run</b> 10 mins warm up, 3 x 6 mins at threshold effort with a 90 secs recovery between sets, 10 mins cool down	<b>Long run</b> 90 mins easy run
<b>Week 3</b>	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	<b>Run</b> 45 mins easy run + stretch	<b>Run</b> 30 mins easy run <b>Conditioning</b> 30 mins conditioning work	<b>Run</b> 40 mins easy run + stretch	<b>Workout run</b> 10 mins warm up, 3 x 8 mins at threshold effort with a 90 secs recovery between sets, 10 mins cool down	<b>Long run</b> 90 mins run: alternate easy with steady effort, off-road if possible + stretch
<b>Week 4</b>	<b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 4 x 8 mins at threshold effort with 90 secs recovery jog between sets, 10 mins cool down + stretch	<b>Run</b> 40 mins easy run	<b>Run</b> 30 mins easy run <b>Conditioning</b> 30 mins conditioning work	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 3 x 10 mins at threshold effort with a 90 secs recovery between sets, 10 mins cool down	<b>Long run</b> 80 mins run: alternate easy with steady effort + stretch
<b>Week 5</b>	<b>Rest</b>	<b>Workout run</b> 10 mins warm up, 4 x 8 mins at threshold effort with 75 secs recovery jog between sets, 10 mins cool down + stretch	<b>Run</b> 40 mins easy run	<b>Run</b> 30 mins easy run <b>Conditioning</b> 30 mins conditioning work	<b>Rest + sports massage</b>	<b>Workout run</b> 45 mins steady undulating run, include 1, 2, 3, 2, 1 mins at hard effort with a 60 secs jog recovery in the middle	<b>Long run</b> 105 mins easy run
<b>Week 6</b>	<b>Conditioning</b> 30 mins conditioning work	<b>Run</b> 45 mins easy run + stretch	<b>Workout run</b> 10 mins warm up, 4 x 10 mins at threshold effort with a 90 secs recovery jog, 10 mins cool down	<b>Rest + stretch</b>	<b>Workout run</b> 10 mins warm up, 6 x 4 mins at 90% effort with a 90 secs recovery, 10 mins cool down	<b>Run</b> 45 mins easy run	<b>Long run</b> 105 mins run with last 20 mins at threshold pace + stretch
<b>Week 7</b>	<b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 4 x 10 mins at threshold effort with a 90 secs recovery jog, 10 mins cool down	<b>Run</b> 30 mins easy run + 30 mins conditioning work	<b>Run</b> 50 mins easy run	<b>Workout run</b> 10 mins warm up, 10 mins at threshold effort, 3 x 1k at hard effort with 90 secs recovery jog between sets, 10 mins at threshold effort, 10 mins cool down + stretch	<b>Run</b> 30 mins recovery run	<b>Long run</b> 120 mins easy run

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 8</b>	Rest	<b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 3 x 15 mins at threshold effort with a 90 secs recovery, 10 mins cool down	<b>Recovery</b> 30 mins recovery run	<b>Workout run</b> 10 mins warm up, 2 x 3 x 1k at hard effort with a 75 secs recovery between reps and a 3 minute recovery between sets, 10 mins cool down	<b>Run</b> 40 mins easy run	<b>Long run</b> 120 mins run, last 20 mins at threshold pace
<b>Week 9</b>	Rest	<b>Recovery</b> 30 mins recovery run <b>Conditioning</b> 30 mins conditioning work	<b>Workout run</b> 10 mins warm up, 3 x 15 mins at threshold effort with a 60 secs recovery, 10 mins cool down	<b>Run</b> 45 mins easy run	Rest	<b>Run</b> 50 mins easy run	<b>Long run</b> 90 mins run, last 20 mins at threshold pace
<b>Week 10</b>	Rest	<b>Workout run</b> 10 mins warm up, 10 mins at threshold effort, 4 x 1km at hard effort with 90 secs recovery jog between sets, 10 mins at threshold effort, 10 mins cool down + stretch	<b>Recovery</b> 30 mins recovery run <b>Conditioning</b> 30 mins conditioning work	<b>Run</b> 45 mins easy run	Rest	<b>Workout run</b> 10 mins warm up, 30 mins at threshold, 10 mins cool down	<b>Long run</b> 105 mins easy run
<b>Week 11</b>	Rest	<b>Workout run</b> 10 mins warm up, 3 x 15 mins at threshold effort with a 60 secs recovery, 10 mins cool down	<b>Run</b> 45 mins easy run	<b>Recovery</b> 30 mins recovery run <b>Conditioning</b> 30 mins conditioning work	Rest	<b>Run</b> 40 mins easy run	<b>Long run</b> 90 mins run, last 35 mins at threshold pace
<b>Week 12</b>	Rest	<b>Workout run</b> 10 mins warm up, 3 x 20 mins at threshold effort with a 90 secs recovery, 10 mins cool down	<b>Run</b> 45 mins easy run	Rest	<b>Workout run</b> 10 mins warm up, 2 x 3 x 1k at hard effort with a 75 secs recovery between reps and a 3 minute recovery between sets, 10 mins cool down	Rest	<b>Long run</b> 90 mins run, last 45 mins at half-marathon pace + stretch
<b>Week 13</b>	Rest	<b>Run</b> 40 mins easy run	<b>Workout run</b> 10 mins warm up, 3 x 16 mins at threshold effort with a 60 secs recovery, 10 mins cool down	<b>Run</b> 30 mins recovery run	<b>Workout run</b> 10 mins warm up, 6 x 5 mins at hard effort with 90 secs recovery jog between sets, 10 mins cool down + stretch	Rest	<b>Long run</b> 70 mins run, last 30 mins at threshold pace + stretch
<b>Week 14</b>	Rest	<b>Workout run</b> 15 mins easy, 15 mins at threshold, 15 mins easy	<b>Recovery</b> 30 mins recovery run + stretch + sports massage	<b>Workout run</b> 35 mins easy run include 5 x 1 mins at hard effort with a 60 secs recovery jog in the middle	Rest	<b>Run</b> 20 mins easy run + stretch	<b>Race day</b> 