



Sub 2:20 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 reasonably fit beginners. You'll be used to training 2-3 times a week, and now you want either to break 2 hours 20 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
Week 1	Cross-training 30 mins easy cross-training	Run 20 mins easy run + stretch	Conditioning 30 mins conditioning work	Workout run 5 mins walk, 5 mins easy run, 6 x 3 mins at steady effort with a 60 secs walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	Conditioning 30 mins conditioning work	Long run 60 mins easy long run: alternate 3 mins running, 2 min walking
Week 2	Cross-training 30 mins easy cross-training	Workout run 5 mins walk, 5 mins easy run, 5 x 2 mins at threshold effort with a 90 secs walk between sets, 5 mins easy run, 5 min cool down (walk)	Conditioning 30 mins conditioning work	Run 25 mins easy run + stretch	Rest	Cross-training 40 mins easy cross-training	Long run 60 mins easy long run: alternate 3 mins running, 2 min walking
Week 3	Cross-training 30 mins easy cross-training	Workout run 5 mins walk, 5 mins easy run, 5 x 3 mins at threshold effort with a 90 secs walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	Run 2 x 15 mins easy running, 5 mins walk	Conditioning 30 mins conditioning work	Cross-training 40 mins easy cross-training	Long run 70 mins easy long run: alternate 3 mins running, 1 min walking
Week 4	Rest	Cross-training 30 mins easy cross-training	Workout run 5 mins walk, 5 mins easy run, 5 x 3 mins at threshold effort with a 90 secs walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	Cross-training 40 mins easy cross-training	Rest	Long run 80 mins easy long run: alternate 3 mins running, 1 min walking
Week 5	Rest	Workout run 5 mins walk, 5 mins easy run, 6 x 3 mins at threshold effort with a 60 secs walk between sets, 5 mins easy run, 5 min cool down (walk)	Rest	Cross-training 45 mins easy cross-training: include 1, 2, 3, 3, 2, 1 mins at hard effort with a 60 secs recovery in the middle	Conditioning 30 mins conditioning work	Cross-training 30 mins easy cross-training	Long run 90 mins easy long run: alternate 3 mins running, 1 min walking
Week 6	Cross-training 30 mins easy cross-training	Rest	Workout run 10 mins warm up, 5 x 4 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Cross-training 30 mins easy cross-training	Rest	Cross-training 45 mins easy cross-training	Long run 105 mins easy long run: alternate 3 mins running, 1 min walking
Week 7	Rest	Workout run 10 mins warm up, 6 x 4 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Rest	Workout run 2 x 20 mins easy running with a 5 mins walk between intervals	Yoga	Cross-training 45 mins easy cross-training	Long run 105 mins easy long run: alternate 3 mins running, 1 min walking

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Rest	Run 30 mins steady undulating run	Rest	Workout run 10 mins warm up, 4 x 6 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Rest	Cross-training 45 mins easy cross-training	Long run 120 mins easy long run: alternate 3 mins running, 1 min walking
Week 9	Rest	Cross-training 45 mins easy cross-training: include 1, 2, 3, 3, 2, 1 mins at hard effort with a 60 secs recovery in the middle	Rest	Recovery 30 mins recovery run	Conditioning 30 mins conditioning work	Cross-training 30 mins easy cross-training	Long run 60 mins long run alternating easy and steady effort
Week 10	Rest	Workout run 10 mins warm up, 6 x 3 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Yoga	Workout run 10 mins warm up, 4 x 6 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Rest	Cross-training 45 mins easy cross-training	Long run 135 mins easy long run: alternate 3 mins running, 1 min walking
Week 11	Cross-training 40 mins easy cross-training	Workout run 10 mins warm up, 4 x 7 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Rest	Workout run 10 mins warm up, 6 x 3 mins at threshold effort with a 60 secs recovery, 10 mins cool down	Conditioning 30 mins conditioning work	Cross-training 30 mins easy cross-training	Long run 120 mins easy long run: alternate 3 mins running, 1 min walking
Week 12	Rest	Workout run 10 mins warm up, 4 x 7 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Rest	Workout run 10 mins warm up, 4 x 5 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Conditioning 30 mins conditioning work	Cross-training 30 mins easy cross-training	Long run 120 mins easy long run: alternate 3 mins running, 1 min walking
Week 13	Cross-training 30 mins easy cross-training	Run 45 mins run alternating easy and steady effort	Rest	Workout run 10 mins warm up, 4 x 7 mins at threshold effort with a 90 secs recovery, 10 mins cool down	Rest	Cross-training 30 mins easy cross-training	Long run 60 mins long run alternating easy and steady effort
Week 14	Rest	Run 30 mins run alternating easy and steady effort	Rest	Run 20 mins easy run + stretch	Rest	Run 20 mins easy run + stretch	Half marathon race 