



Sub 1:45 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 45 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	Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 4 x 4 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	Run 30 mins easy cross-training	Run 35 mins steady run + stretch	Rest	Run 45 mins steady run on undulating terrain + stretch	Long run 75 mins run, alternate easy and steady effort, off road if possible + stretch
Week 2	Rest	Workout run 10 mins warm up, 4 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	Run 30 mins recovery run	Run 45 mins easy run	Rest	Run 45 mins steady undulating run (push hills to threshold effort)	Long run 90 mins run, alternate easy and steady effort, off road if possible + stretch
Week 3	Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	Conditioning 30 mins conditioning work	Workout run 10 mins easy, 10 mins threshold, 10 mins easy	Rest	Workout run 10 mins warm up, 3 x 7 mins threshold effort with a 90 secs recovery between sets, 10 mins cool down	Long run 90 mins run, alternate easy and steady effort, off road if possible + stretch
Week 4	Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 6 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	Rest	Run 45 mins steady run	Rest	Workout run 10 mins warm up, 3 x 7 mins threshold effort with a 90 secs recovery between sets, 10 mins cool down	Long run 100 mins run, alternate easy and steady effort + stretch
Week 5	Conditioning 30 mins conditioning work	Cross-training 45 mins easy cross-training	Workout run 10 mins warm up, 4 x 8 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	Rest	Workout run 10 mins warm up, 6 x 4 mins at hard effort with a 90 secs recovery, 10 mins cool down	Rest	Long run 90 mins run, alternate easy and steady effort + stretch
Week 6	Rest	Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 4 x 10 mins at threshold effort with a 90 secs recovery jog between sets, 10 mins cool down + stretch	Cross-training 30 mins easy cross-training	Rest	Workout run 10 mins warm up, 3 x 8 mins threshold effort with a 90 secs recovery between sets, 10 mins cool down	Long run 75 mins easy long run
Week 7	Conditioning 30 mins conditioning work	Run 35 mins easy run	Workout run 10 mins warm up, 4 x 10 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	Rest	Workout run 10 mins warm up, 6 x 4 mins at hard effort with a 90 secs recovery, 10 mins cool down	Run 40 mins easy run	Long run 100 mins run, last 20 mins at threshold effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8	Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 4 x 12 mins at threshold effort with a 90 secs recovery jog between sets, 10 mins cool down +stretch	Run 45 mins easy run	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 2 x 4 x 1k at hard effort with a 90 secs recovery between reps and a 3 minute recovery between sets, 10 mins cool down	Rest	Long run 120 mins long run, last 30 mins at threshold effort
Week 9	Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 4 x 12 mins at threshold effort with a 90 secs recovery jog between sets, 10 mins cool down + stretch	Cross-training 30 mins easy cross-training Conditioning 30 mins conditioning work	Run 40 mins easy run	Workout run 10 mins warm up, 6 x 5 mins at hard effort with a 90 secs recovery, 10 mins cool down	Rest	Long run 120 mins long run, last 30 mins at half-marathon pace
Week 10	Conditioning 30 mins conditioning work	Cross-training 45 mins easy cross-training	Run 30 mins easy run	Workout run 10 mins warm up, 3 x 15 mins at threshold effort with a 90 secs recovery jog between sets, 10 mins cool down + stretch	Rest	Recovery 30 mins recovery run	Long run 75 mins easy long run
Week 11	Conditioning 30 mins conditioning work	Workout run 10 mins warm up, 20 mins at threshold effort, 10 mins cool down	Recovery 30 mins recovery run	Rest	Workout run 10 mins warm up, 2 x 4 x 1k at hard effort with a 90 secs recovery between reps and a 3 minute recovery between sets, 10 mins cool down	Rest	Long run 120 mins long run, last 40 mins at threshold effort
Week 12	Rest	Run 40 mins easy run	Workout run 10 mins warm up, 3 x 15 mins at threshold effort with a 90 secs recovery jog between sets, 10 mins cool down + stretch	Recovery 30 mins recovery run	Workout run 10 mins warm up, 6 x 5 mins at hard effort with a 90 secs recovery, 10 mins cool down	Rest	Long run 90 mins run, last 40 mins at threshold effort + stretch
Week 13	Rest	Run 40 mins easy run	Workout run 10 mins warm up, 4 x 8 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	Cross-training 30 mins easy cross-training	Workout run 10 mins warm up, 2 x 3 x 1k at hard effort with a 90 secs recovery between reps and a 3 minute recovery between sets, 10 mins cool down	Rest	Long run 60 mins run, last 30 mins at threshold effort + stretch
Week 14	Rest + sports massage	Workout run 10 mins warm up, 3 x 5 mins at threshold effort with 60 secs recovery jog between sets, 10 mins cool down + stretch	Recovery 30 mins recovery run + stretch	Cross-training 30 mins easy cross-training	Rest	Run 20 mins easy run + stretch	Half marathon race 