



# SALTMARSH RUNNING

## LEAD THE PACK.

### Sub-2 Hour Half Marathon Training Plan

	M	T	W	Th	F	Sa	Su	Weekly Notes
Week 1	25 minutes @ easy pace	REST	3 miles @ easy pace	30 minutes @ easy pace	3 miles with (5) 15-second surges	REST or 25 minutes @ easy pace	4 - 5 miles @ easy pace	Extending Training Base
Week 2	25 minutes @ easy pace	REST	3 miles @ easy pace	30 minutes @ easy pace	1 mile @ easy pace, 1 mile @9:00, 1 mile @ easy pace	REST or 25 minutes @ easy pace	5 - 6 miles @ easy pace	Finding Goal Pace
Week 3	25 minutes @ easy pace	REST	4 miles with (5) 15-second surges	30 minutes @ easy pace	1 mile @ easy pace, 1 mile @8:45, 1 mile @ easy pace	REST or 25 minutes @ easy pace	6 - 7m @ easy pace	Leg Speed
Week 4	30 minutes @ easy pace	REST	4 miles with (5) 15-second surges	35 minutes @ easy pace	1 mile @ easy pace, 2m @8:40, 1 mile @ easy pace	REST or 30 minutes @ easy pace	7 - 8 miles @ easy pace	Leg Speed
Week 5	30 minutes @ easy pace	REST	4m with (5) 15-second surges	35 minutes @ easy pace	3 miles Hills	REST or 30 minutes @ easy pace	8 - 9 miles w/ last 2 @ 9:00 pace	Finding Goal Pace
Week 6	30 minutes @ easy pace	REST	5 miles with (5) 15-second surges	35 minutes @ easy pace	1 mile @ easy pace, 2m @8:45, 1 mile @ easy pace	REST or 30 minutes @ easy pace	9 - 10 miles @ easy pace	Leg Speed
Week 7	30 minutes @ easy pace	REST	5 miles with (5) 15-second surges	35 minutes @ easy pace	3 miles Hills	REST or 30 minutes @ easy pace	8 miles @ 9:00 pace	Simulation Run at Goal Pace
Week 8	30 minutes @ easy pace	REST	5 miles with (5) 15-second surges	35 minutes @ easy pace	1 mile @ easy pace, 2m @8:35, 1 mile @ easy pace	REST or 30 minutes @ easy pace	10 - 11 miles @ easy pace	Leg Speed
Week 9	30 minutes @ easy pace	REST	5 miles with (5) 15-second surges	35 minutes @ easy pace	3 miles Hills	REST or 30 minutes @ easy pace	12 miles @ easy pace	Endurance
Week 10	30 minutes @ easy pace	REST	5 miles with (5) 15-second surges	35 minutes @ easy pace	1 mile @ easy pace, 2m @8:30, 1 mile @ easy pace	REST or 30 minutes @ easy pace	10 miles w/ last 3 @ 9:00 pace	Strength, Speed, Endurance
Week 11	30 minutes @ easy pace	REST	4m with (5) 15-second surges	35 minutes @ easy pace	3 miles Hills	REST or 30 minutes @ easy pace	6 - 7 miles @ easy pace	Taper
Week 12	30 minutes @ easy pace	REST	1 mile @ easy pace, 1 mile @8:30, 1 mile @ easy pace	30 minutes @ easy pace	REST	2 miles @ easy pace	HALF MARATHON RACE DAY	Race to be run at a goal pace of 9:00 per mile.
	easy pace = 9:45 - 10:15 per mile							