

Training for Sub 1h50 1/2 Marathon (21kms)

RI= resting interval between the repeats

NB 3 km warm up before starting with speed repeats and 1 km easy cool down after completion

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
W1	cross training	8x400@4:17/km(400M RI)	cross training	Easy Run:5@5:30/KM	REST	Run: 12km@5:25/KM	Easy Run:5@6/KM
W2	cross training	5x800@4:24/km(400M RI)	cross training	Easy Run:5@5:30/KM	REST	Run: 14km@5:25/KM	Easy Run:5@6/KM
W3	cross training	2x1600@4:34/km and 1x800@4:24/km	cross training	3km@4:50/ easy Jog for 1km run 3km@4:50/	REST	Run:16km@6/KM	Easy Run:5@6/KM
W4	cross training	400@4:17/km: 600@4:21km: 2x800@4:24/km: 600@4:21/km: 400@4:17/km (400M RI)	cross training	2km warm up : 5@4:50/KM	REST	Run: 14km@5:25/KM	Easy Run:6@6/KM
W5	cross training	4x1000 @4:26/km	cross training	3km@4:50/ easy Jog for 1km run 3km@4:50/	REST	Run: 18km@5:31/KM	Easy Run:7@6/KM
W6	cross training	1600@4:24/km: 1000@4:26/km: 800@4:24/km: 400@4:17/km(400 RI)	cross training	2km warm up: 10@5:11/KM	REST	Run: 16km@5:25/KM	Easy Run:8@6/KM
W7	cross training	10x400@4:17/km(90sec RI)	cross training	2km warm up:5@4:50/KM	REST	Run: 19km@5:31/KM	Easy Run:5@6/KM
W8	cross training	6x800@4:24/km(90sec RI)	cross training	3km@4:50/ easy Jog for 1km run 3km@4:50/	REST	Run: 12km@5:25/KM	Easy Run:7@6/KM
W9	cross training	4x1000 @4:26/km	cross training	2km warm up:8 @4:50/KM	REST	Run: 21km@5:31/KM	Easy Run:5@6/KM
W10	cross training	5x1000 @4:26/km	cross training	2km warm up:10@5/KM	REST	Run: 16km@5:25/KM	Easy Run:7@6/KM
W11	cross training	3x1600@4:34/km 400RI	cross training	2km warm up:8@5/KM	REST	Run: 22km@5:31/KM	Easy Run:5@6/KM
W12	cross training	8x400@4:17/km(60secM RI)	cross training	Easy Run:10@6/KM	REST	Run: 16km@5:25/KM	Easy Run:7@6/KM
W13	cross training	4x1000 @4:26/km	cross training	2km warm up:8@5/KM	REST	Run: 25km@5:31/KM	Easy Run:5@6/KM
W14	cross training	5x1000 @4:26/km	cross training	2km warm up:8@5/KM	REST	Run: 19km@5:31/KM	Easy Run:5@6/KM
W15	cross training	3x1600@4:34/km 400RI	cross training	2km warm up:5@4:50/KM	REST	Run: 12km@5:25/KM	Easy Run:5@6/KM
W16	cross training	6x400@4:17/km(60secM RI)	cross training	Easy Run:5@6/KM	REST	Run: 21km@5:12/KM	REST