

Training for Sub 2h00 Half Marathon (21km)

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	<u>8x400@4:45/km(400M RI)</u>	cross training	Easy Run:5@6/KM	REST	Run: 12km@5:54/KM	Easy Run:5@6:20/KM
W2	cross training	<u>5x800@4:50/km(400M RI)</u>	cross training	Easy Run:5@6/KM	REST	Run: 14km@5:54/KM	Easy Run:5@6:20/KM
W3	cross training	<u>2x1600@5/km and 1x800@4:50/km</u>	cross training	2km warm up: 3km@5:15/km jog 1km: run 3km@5:15/km ;1 km cool down	REST	Run:16km@6:30/KM	Easy Run:5@6:20/KM
W4	cross training	<u>400@4:45/km: 600@4:48km: 2x800@4:50/km: 600@4:48/km: 400@4:45/km.(400M RI)</u>	cross training	2 km warm up :5@5:30/KM ;1 km cool down	REST	Run: 14km@5:54/KM	Easy Run:6@6:20/KM
W5	cross training	<u>4x1000 @4:52/km</u>	cross training	2km warm up: 3km@5:15/km jog 1km: run 3km@5:15/km ;1 km cool down	REST	Run: 18km@6/KM	Easy Run:7@6:20/KM
W6	cross training	<u>1600@5/km:1000@4:52/km:800@4:50/km: 400@4:45/km(400 RI)</u>	cross training	2km warm up :10@5:37/KM	REST	Run: 14km@5:54/KM	Easy Run:8@6:20/KM
W7	cross training	<u>10x400@4:45/km(400M RI)</u>	cross training	2km warm up:5@5:15/KM ;1 km cool down	REST	Run: 19km@6/KM	Easy Run:5@6:20/KM
W8	cross training	<u>6x800@4:50/km(400M RI)</u>	cross training	2km warm up: 3km@5:15/km jog 1km: run 3km@5:15/km ;1 km cool down	REST	Run: 12km@5:54/KM	Easy Run:7@6:20/KM
W9	cross training	<u>4x1000 @4:52/km</u>	cross training	2km warm up:8@5:28/KM ;1 km cool down	REST	Run: 21km@6/KM	Easy Run:5@6:20/KM
W10	cross training	<u>5x1000 @4:52/km</u>	cross training	2km warm up:10@5:28/KM ;1 km cool down	REST	Run: 16km@5:54/KM	Easy Run:7@6:20/KM
W11	cross training	<u>3x1600@5/km 400RI</u>	cross training	2km warm up:8@5:28/KM ;1 km cool down	REST	Run: 22km@6/KM	Easy Run:5@6:20/KM
W12	cross training	<u>8x400@4:45/km(400M RI)</u>	cross training	2km warm up :10@6:20/KM	REST	Run: 16km@5:54/KM	Easy Run:7@6:20/KM
W13	cross training	<u>4x1000 @4:52/km</u>	cross training	2km warm up:8@5:28/KM ;1 km cool down	REST	Run: 25km@6/KM	Easy Run:5@6:20/KM
W14	cross training	<u>5x1000 @4:52/km</u>	cross training	2km warm up:8@5:28/KM ;1 km cool down	REST	Run: 19km@5:54/KM	Easy Run:5@6:20/KM
W15	cross training	<u>3x1600@5/km 400RI</u>	cross training	2km warm up:5@5:18/KM;1 km cool down	REST	Run: 12km@5:54/KM	Easy Run:5@6:20/KM
W16	cross training	<u>6x400@4:45/km(400M RI)</u>	cross training	2km warm up :5@6:20/KM;1m cooldown	REST	Run: 21km@5:41/KM	REST