

Training for Sub 2h10 Half 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@5:12/km(400M RI)	cross training	Easy Run:5@6/KM	REST	Run: 12km@6:22/KM	Easy Run:5@6:50/KM
W2	cross training	5x800@5:17/km(400M RI)	cross training	Easy Run:5@6/KM	REST	Run: 14km@6:22/KM	Easy Run:5@6:50/KM
W3	cross training	2x1600@5:28/km and 1x800@5:17/km	cross training	2km warm up; 3km@5:46/km jog 1km; run 3km@5:46/km ;1 km cool down	REST	Run:16km@6:50/KM	Easy Run:5@6:50/KM
W4	cross training	400@5:12/km: 600@5:15km: 2x800@5:17/km: 600@5:15/km: 400@5:12/km.(400M RI)	cross training	2km warm up 5km@5:46/km:1km cool down	REST	Run: 14km@6:22/KM	Easy Run:6@6:50/KM
W5	cross training	4x1000 @5:12/km	cross training	2km warm up 10km@6:05/km:1km cool down	REST	Run: 18km@6:28/KM	Easy Run:7@6:50/KM
W6	cross training	1600@5:28/km:1000@5:20/km:800@5: :17/km: 400@5:12/km(400 RI)	cross training	2km warm up; 3km@5:46/km jog 1km; run 3km@5:46/km ;1 km cool down	REST	Run: 14km@6:22/KM	Easy Run:8@6:50/KM
W7	cross training	10x400@5:12/km(90sec RI)	cross training	2km warm up 8km@5:56/km:1km cool down	REST	Run: 19km@6:28/KM	Easy Run:5@6:50/KM
W8	cross training	6x800@5:17/km(90sec RI)	cross training	2km warm up; 3km@5:46/km jog 1km; run 3km@5:46/km ;1 km cool down	REST	Run: 12km@6:22/KM	Easy Run:7@6:50/KM
W9	cross training	4x1000 @5:20/km	cross training	2km warm up 8km@5:56/km:1km cool down	REST	Run: 21km@6:28/KM	Easy Run:5@6:50/KM
W10	cross training	5x1000 @5:20/km	cross training	2km warm up 10km@5:56/km:1km cool down	REST	Run: 16km@6:22/KM	Easy Run:7@6:50/KM
W11	cross training	3x1600@5:28/km 400RI	cross training	2km warm up 8km@5:56/km:1km cool down	REST	Run: 22km@6:28/KM	Easy Run:5@6:50/KM
W12	cross training	8x400@5:12/km(60secM RI)	cross training	2km warm up 10km@6:50/km:1km cool down	REST	Run: 16km@6:22/KM	Easy Run:7@6:50/KM
W13	cross training	4x1000 @5:20/km	cross training	2km warm up 8km@5:56/km:1km cool down	REST	Run: 25km@6:28/KM	Easy Run:5@6:50/KM
W14	cross training	5x1000 @5:20/km	cross training	2 km warm up 8km@5:56/km:1km cool down	REST	Run: 19km@6:22/KM	Easy Run:5@6:50/KM
W15	cross training	3x1600@5:28/km 400RI	cross training	2km warm up 5km@5:46/km:1km cool down	REST	Run: 12km@6:22/KM	Easy Run:5@6:50/KM
W16	cross training	6x400@5:12/km(60secM RI)	cross training	easy 5km@6:50/km	REST	Run: 21km@6:09/KM	REST