

Training for Sub2h20 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@5:37/km(400M RI)	cross training	Easy Run:5@6/KM	REST	Run: 12km@6:51/KM	Easy Run:5@7:30/KM
W2	cross training	5x800@5:42/km(400M RI)	cross training	Easy Run:5@6/KM	REST	Run: 14km@6:51/KM	Easy Run:5@7:30/KM
W3	cross training	2x1600@5:52/km and 1x800@5:42/km	cross training	2km warm up; 3km@6:10/km jog 1km; run 3km@6:10/km ;1 km cool down	REST	Run:16km@8/KM	Easy Run:5@7:30/KM
W4	cross training	400@5:37/km: 600@5:40km: 2x800@5:42/km: 600@5:42/km: 400@5:37/km.(400M RI)	cross training	2km warm up 5km@6:10/km:1km cool down	REST	Run: 14km@6:51/KM	Easy Run:6@7:30/KM
W5	cross training	4x1000 @5:44/km	cross training	2km warm up 10km@6:05/km:1km cool down	REST	Run: 18km@7/KM	Easy Run:7@7:30/KM
W6	cross training	1600@5:52/km:1000@5:44/km:800@5:42/km: 400@5:37/km(400 RI)	cross training	2km warm up; 3km@6:10/km jog 1km; run 3km@6:10/km ;1 km cool down	REST	Run: 14km@6:51/KM	Easy Run:8@7:30/KM
W7	cross training	10x400@5:37/km(90sec RI)	cross training	2km warm up 8km@6:20/km:1km cool down	REST	Run: 19km@7/KM	Easy Run:5@7:30/KM
W8	cross training	6x800@5:42/km(90sec RI)	cross training	2km warm up; 3km@6:10/km jog 1km; run 3km@6:10/km ;1 km cool down	REST	Run: 12km@6:51/KM	Easy Run:7@7:30/KM
W9	cross training	4x1000 @5:44/km	cross training	2km warm up 8km@6:20/km:1km cool down	REST	Run: 21km@7/KM	Easy Run:5@7:30/KM
W10	cross training	5x1000 @4:26/km	cross training	2km warm up 10km@6:20/km:1km cool down	REST	Run: 16km@6:51/KM	Easy Run:7@7:30/KM
W11	cross training	3x1600@5:52/km 400RI	cross training	2km warm up 8km@6:20/km:1km cool down	REST	Run: 22km@7/KM	Easy Run:5@7:30/KM
W12	cross training	8x400@5:37/km(60secM RI)	cross training	2km warm up 10km@7:30/km:1km cool down	REST	Run: 16km@6:51/KM	Easy Run:7@7:30/KM
W13	cross training	4x1000 @5:44/km	cross training	2km warm up 8km@6:20/km:1km cool down	REST	Run: 25km@7/KM	Easy Run:5@7:30/KM
W14	cross training	5x1000 @5:44/km	cross training	2 km warm up 8km@5:56/km:1km cool down	REST	Run: 19km@6:51/KM	Easy Run:5@7:30/KM
W15	cross training	3x1600@5:52/km 400RI	cross training	2km warm up 5km@6:10/km:1km cool down	REST	Run: 12km@6:51/KM	Easy Run:5@7:30/KM
W16	cross training	6x400@5:37/km(60secM RI)		easy 5km@7:30/km		Run: 21km@6:38/KM	REST