

SUB 2-HR HALF MARATHON TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	Training Run 3 Miles	Race Pace 3 Miles	Strength Training	Training Run 3 Miles	2 x 800m Intervals	Long Run 4 Miles
2	Rest Day	Training Run 3 Miles	Race Pace 3 Miles	Strength Training	Training Run 3 Miles	Rest Day	Long Run 5 Miles
3	Rest Day	Training Run 3.5 Miles	Race Pace 3 Miles	Strength Training	Training Run 3.5 Miles	2 x 800m Intervals	Long Run 6 Miles
4	Rest Day	Training Run 3.5 Miles	Race Pace 3 Miles	Strength Training	Training Run 3.5 Miles	Rest Day	Long Run 4 Miles
5	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	3 x 800m Intervals	Long Run 6 Miles
6	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	3 x 800m Intervals	Long Run 7 Miles
7	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	4 x 800m Intervals	Long Run 8 Miles
8	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Strength Training	Training Run 5 Miles	4 x 800m Intervals	Long Run 6 Miles
9	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Strength Training	Training Run 5 Miles	4 x 800m Intervals	Long Run 9 Miles
10	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Strength Training	Training Run 5 Miles	4 x 800m Intervals	Long Run 10 Miles
11	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	2 x 800m Intervals	Long Run 7 Miles
12	Rest Day	Training Run 3 Miles	Rest Day	Easy Run 3 miles	Rest Day	Easy Run 2 miles	13 Miles Half Marathon

- **Training Runs:** aim to do these at your target race pace of 8mins 46 sec per mile. If you can't hit this pace from week 1, aim for a 4 out of 10 in terms of physical exertion.
- **Intervals:** An 800m interval means running hard - uncomfortably hard - for 800m, or 2 x laps of a running track. Aim for 8-9 out of 10 for effort. Recover between intervals with 400m of walking or very gentle jogging. Do a 1.5 mile warm-up and cool-down before and after every interval workout.
- **Long Runs:** Do these at a slow, comfortable pace - aim for 'conversational'. Try not to stop or break up this run. Aim for 2-3 out of 10 for effort.
- **Strength Training:** Aim for 45 mins of strength training, at least once per week. Compound exercises that involve heavy lifting is the most effective, so think Squats, Deadlifts, Lunges, etc.

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MARATHON HANDBOOK

Achieving a sub 2 hour half marathon is a significant milestone for many runners, whether they're seasoned athletes or newcomers to the sport. A half marathon, which is 13.1 miles (21.1 kilometers), can be a daunting distance, but with the right training plan, it can be both attainable and rewarding. In

this article, we will outline a comprehensive sub 2 hour half marathon training plan, discussing the necessary components, sample workouts, and tips for success.

Understanding the Sub 2 Hour Half Marathon

The goal of completing a half marathon in under 2 hours requires maintaining an average pace of about 9:09 per mile (5:41 per kilometer). This pace might seem challenging, especially for beginners, but with dedication and consistent training, it is achievable.

Components of a Successful Training Plan

A well-rounded training plan for a sub 2 hour half marathon should incorporate various elements to ensure runners build endurance, speed, and strength. Below are the key components to focus on:

1. Base Mileage

Building a strong base mileage is crucial for any training plan. This involves gradually increasing your weekly running distance to develop endurance. Aim for a minimum of 20-30 miles per week, depending on your current fitness level.

2. Long Runs

Long runs are essential for preparing your body for the distance of a half marathon. Schedule a weekly long run that gradually increases in distance, peaking around 10-12 miles.

3. Speed Work

Incorporating speed work into your training will help improve your pace. This can include interval training, tempo runs, and fartlek sessions. Aim for one speed workout each week.

4. Cross-Training

Cross-training activities, such as cycling, swimming, or strength training, can help improve overall fitness while reducing the risk of injury. Include at least one or two cross-training sessions in your weekly routine.

5. Recovery

Recovery is just as important as training. Ensure you have rest days and incorporate active recovery methods like stretching, yoga, or foam rolling to aid muscle repair.

A Sample 12-Week Training Plan

Here's a sample 12-week training plan designed to help you achieve a sub 2 hour half marathon:

- **Weeks 1-4: Building Base**
 - Monday: Rest or cross-training
 - Tuesday: 3-4 miles easy run

- Wednesday: Speed work (e.g., 6 x 400m at 5K pace with 400m recovery)
- Thursday: 3-4 miles easy run
- Friday: Rest or cross-training
- Saturday: Long run (start with 5 miles and increase to 8 miles by week 4)
- Sunday: Recovery run (2-3 miles)

- **Weeks 5-8: Increasing Intensity**

- Monday: Rest or cross-training
- Tuesday: 4-5 miles easy run
- Wednesday: Tempo run (start with 3 miles at a comfortably hard pace, increasing to 5 miles)
- Thursday: 4-5 miles easy run
- Friday: Rest or cross-training
- Saturday: Long run (increase from 9 miles to 11 miles by week 8)
- Sunday: Recovery run (3 miles)

- **Weeks 9–12: Tapering and Race Preparation**

- Monday: Rest or cross-training
- Tuesday: 5 miles easy run
- Wednesday: Speed work (e.g., 4 x 800m at 5K pace with 400m recovery)
- Thursday: 5 miles easy run
- Friday: Rest or cross-training
- Saturday: Long run (peak at 12 miles in week 10, taper to 8 miles in week 12)
- Sunday: Recovery run (3-4 miles)

Key Workout Descriptions

Understanding the types of workouts included in your training plan is crucial for effective preparation.

1. Easy Runs

These runs should be done at a conversational pace, allowing your body to recover while still building mileage. They help develop your aerobic base.

2. Long Runs

The foundation of your training, long runs should be completed at a slower pace. These runs are essential for building endurance and preparing mentally for race day.

3. Speed Work

Speed workouts help improve your running economy and pace. Incorporate intervals (short bursts of speed) or tempo runs (sustained efforts at a faster pace) to enhance your speed.

4. Tempo Runs

A tempo run involves running at a "comfortably hard" pace, which is about 80-85% of your maximum heart rate. These runs help improve your lactate threshold, making it easier to maintain a faster pace over longer distances.

Nutrition and Hydration

Proper nutrition and hydration play a vital role in your training and race performance.

1. Balanced Diet

Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Carbs are essential for fueling your runs, while protein aids in recovery.

2. Hydration

Stay hydrated throughout your training, particularly during long runs. Practice your hydration strategy during training to ensure you are comfortable with it on race day.

3. Pre-Race Nutrition

In the days leading up to the race, consider carbohydrate loading to maximize glycogen stores. On race day, consume a light meal 2-3 hours before the start, focusing on easily digestible foods.

Race Day Strategy

As you approach race day, having a solid strategy is key to achieving your sub 2 hour goal.

1. Pacing

Stick to your planned pace from the start. It's easy to get caught up in the excitement and start too fast. Aim to maintain an even pace throughout the race.

2. Mental Preparation

Visualize your race strategy and prepare for any challenges you might face. Positive self-talk and mental imagery can help you stay focused and motivated.

3. Enjoy the Experience

Remember to enjoy the race! Embrace the atmosphere, and celebrate your hard work and dedication, regardless of the outcome.

Final Thoughts

Completing a half marathon in under 2 hours is an achievable goal with the right training plan, dedication, and mental preparation. By following a structured sub 2 hour half marathon training plan, focusing on building endurance, speed, and strength, and paying attention to nutrition and race strategies, you can cross the finish line with pride. Remember to listen to your body, make adjustments as necessary, and most importantly, enjoy the journey as you work toward your goal.

Frequently Asked Questions

What are the key components of a sub 2 hour half marathon training plan?

A sub 2 hour half marathon training plan typically includes long runs, tempo runs, interval training, cross-training, and rest days. It emphasizes building endurance, speed, and recovery to ensure optimal performance on race day.

How many weeks should I train to achieve a sub 2 hour half marathon?

A typical training plan for a sub 2 hour half marathon lasts between 10 to 12 weeks, allowing time to build mileage gradually while incorporating speedwork and recovery.

What pace should I target for long runs in a sub 2 hour half marathon training plan?

To achieve a sub 2 hour half marathon, you should aim for long runs at a pace of about 10:30 to 11:00 minutes per mile, which is slightly slower than your goal race pace of 9:09 minutes per mile.

How often should I include speed work in my training for a sub 2 hour half marathon?

In a sub 2 hour half marathon training plan, you should include speed work once a week. This can involve intervals or tempo runs to improve your pace and overall running economy.

What should my weekly mileage look like when training for a sub 2 hour half marathon?

Weekly mileage for a sub 2 hour half marathon training plan typically ranges from 20 to 30 miles, peaking at around 35 miles during the final weeks before the race. This includes a mix of easy runs, long runs, and speed workouts.

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Sub 2 Hour Half Marathon Training Plan

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Unlock your potential with our sub 2 hour half marathon training plan! Discover expert tips and strategies to achieve your goal. Learn more today!

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