

1:30 HALF MARATHON

TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	2 x 800m Intervals	Long Run 5 Miles
2	Rest Day	Training Run 4 Miles	Race Pace 4 Miles	Strength Training	Training Run 4 Miles	Rest Day	Long Run 6 Miles
3	Rest Day	Training Run 5 Miles	Race Pace 4 Miles	Strength Training	Training Run 5 Miles	3 x 800m Intervals	Long Run 7 Miles
4	Rest Day	Training Run 5 Miles	Race Pace 4 Miles	Strength Training	Training Run 5 Miles	Rest Day	Long Run 5 Miles
5	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	3 x 800m Intervals	Long Run 8 Miles
6	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	4 x 800m Intervals	Long Run 9 Miles
7	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	4 x 800m Intervals	Long Run 10 Miles
8	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	5 x 800m Intervals	Long Run 7 Miles
9	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	5 x 800m Intervals	Long Run 10 Miles
10	Rest Day	Training Run 6 Miles	Race Pace 4 Miles	Strength Training	Training Run 6 Miles	5 x 800m Intervals	Long Run 12 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	Half Marathon

- Training Runs** : aim to do these at 3-4 out of 10 RPE; Race Pace runs should be at your target race pace of 6mins 45 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

Sub 1:40 Half Marathon Training Plan is a goal that many runners aspire to achieve. Completing a half marathon in under one hour and forty minutes requires a well-structured training plan, a solid understanding of your current fitness level, and a commitment to consistent training. This article will guide you through an effective training plan, necessary tips for success, and strategies to help you cross the finish line with a time you can be proud of.

Understanding the Sub 1:40 Half Marathon Goal

To run a half marathon in under 1:40, you need to maintain an average pace of approximately 7:38 minutes per mile (or 4:44 minutes per kilometer). Achieving this goal is feasible for many runners, provided they have a solid foundation of fitness and are willing to put in the necessary work. Before starting your training plan, consider the following factors:

Assess Your Current Fitness Level

Before embarking on a sub 1:40 half marathon training plan, it's crucial to evaluate your current running ability. Ask yourself the following questions:

1. What is your current half marathon time?
2. How often do you run each week?
3. What is your average pace over long distances?
4. Do you have experience with speed work and tempo runs?

Understanding where you currently stand will help you tailor your training plan to meet your needs.

Creating Your Sub 1:40 Half Marathon Training Plan

A typical training plan for a sub 1:40 half marathon spans 10 to 12 weeks and includes a mix of easy runs, long runs, speed work, and rest days. Below is a sample weekly structure to guide your training.

Weekly Training Structure

- **Monday:** Rest or cross-training (cycling, swimming, etc.)
- **Tuesday:** Speed work (intervals or tempo runs)
- **Wednesday:** Easy run (4-6 miles at a conversational pace)
- **Thursday:** Tempo run (5-7 miles at a pace slightly faster than race pace)
- **Friday:** Rest or cross-training
- **Saturday:** Long run (8-12 miles) at a comfortable pace
- **Sunday:** Recovery run (3-5 miles at an easy pace)

Sample Training Plan Overview

Here's a sample 10-week training plan to help you get started:

1. **Weeks 1-2:** Focus on building a base. Incorporate easy runs and one long run each week.
2. **Weeks 3-4:** Introduce speed work. Add intervals (e.g., 4x800m at 5K pace) on Tuesdays.
3. **Weeks 5-6:** Increase the distance of your long runs. Aim for 10-11 miles.
4. **Weeks 7-8:** Incorporate tempo runs. Run 5-6 miles at a pace slightly faster than race pace.
5. **Weeks 9-10:** Peak mileage. Include a 12-mile long run and focus on tapering.

Key Workouts Explained

To successfully complete your sub 1:40 half marathon training plan, it's essential to understand the purpose of each workout.

Speed Work

Speed work is crucial for improving your pace and overall running efficiency. It typically involves workouts such as:

- Intervals: Short bursts of speed followed by recovery. For example, 400m repeats with rest in between.
- Hill Repeats: Running uphill to build strength and speed.

Long Runs

Long runs are the cornerstone of any half marathon training plan. These runs should be done at a comfortable pace to build endurance. Aim to gradually increase your long run distance, peaking at 12 miles.

Tempo Runs

Tempo runs help improve your lactate threshold, allowing you to run faster without fatigue. A typical tempo run might involve warming up for a mile, running 3-5 miles at a challenging yet sustainable pace, and then cooling down.

Nutrition and Recovery

Proper nutrition and recovery are as important as your training runs. Here are some tips to ensure you're fueling your body correctly:

Nutrition Tips

- Carbohydrates: Focus on complex carbohydrates for energy, such as whole grains, fruits, and vegetables.
- Protein: Incorporate lean protein sources to aid in muscle recovery.
- Hydration: Stay well-hydrated, especially during long runs.

Recovery Tips

- Rest Days: Always include rest days in your training plan to allow your body to recover.
- Stretching: Incorporate stretching or yoga to improve flexibility and reduce the risk of injury.
- Sleep: Prioritize sleep to support overall recovery and performance.

Race Day Strategies

As your race day approaches, it's essential to have a plan in place to ensure you perform your best.

Pre-Race Preparation

- Taper: Gradually reduce your mileage in the two weeks leading up to the race.
- Nutrition: Focus on carbohydrate loading in the days leading up to the event.
- Gear Check: Ensure you have the right shoes and clothing for race day conditions.

During the Race

- Pacing: Start conservatively; don't go out too fast. Stick to your planned pace.
- Hydration Stations: Take advantage of hydration stations but practice your strategy during training.

Conclusion

Achieving a sub 1:40 half marathon is a challenging yet attainable goal with the right training plan, focus on nutrition, and commitment to recovery. By following the guidelines and sample training plan outlined in this article, you'll be well on your way to crossing the finish line with a time you can be

proud of. Remember, consistency is key, and every step you take brings you closer to your goal. Good luck on your journey!

Frequently Asked Questions

What is a sub 1:40 half marathon training plan?

A sub 1:40 half marathon training plan is a structured training program designed to help runners complete a half marathon (13.1 miles) in under 1 hour and 40 minutes, typically involving a mix of long runs, speed work, and recovery sessions.

How many weeks should a sub 1:40 half marathon training plan last?

Most sub 1:40 half marathon training plans last between 10 to 16 weeks, allowing runners adequate time to build endurance, speed, and strength.

What types of workouts are included in a sub 1:40 training plan?

A sub 1:40 training plan typically includes long runs, tempo runs, interval workouts, easy runs, and rest days to promote recovery and prevent injury.

What is the recommended weekly mileage for a sub 1:40 half marathon training plan?

Weekly mileage for a sub 1:40 half marathon training plan generally ranges from 25 to 50 miles, depending on the runner's experience and fitness level.

How should I structure my long runs in a sub 1:40 training plan?

Long runs should be done at a comfortable pace, gradually increasing distance each week, with periodic 'race pace' segments to simulate race conditions.

What pace should I aim for during tempo runs?

For a sub 1:40 half marathon, tempo runs should be performed at a pace that is comfortably hard, usually around 15 to 30 seconds per mile slower than your goal race pace, aiming for approximately 7:30 to 8:00 minutes per mile.

How important is cross-training in preparing for a sub 1:40 half marathon?

Cross-training is beneficial in a sub 1:40 half marathon training plan as it helps improve overall fitness, reduces the risk of injury, and keeps training varied and interesting.

What nutrition strategies should I consider during training?

During training, focus on a balanced diet with adequate carbs, proteins, and fats, practice hydration strategies, and consider fueling with gels or energy chews during long runs to maintain energy levels.

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