

# Sub 2 Hours Half Marathon Training Plan

# SUB 2-HR HALF MARATHON TRAINING PLAN



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Rest Day	Training Run 3 Miles	Race Pace 3 Miles	Strength Training	Training Run 3 Miles	2 x 800m Intervals	Long Run 4 Miles
<b>2</b>	Rest Day	Training Run 3 Miles	Race Pace 3 Miles	Strength Training	Training Run 3 Miles	Rest Day	Long Run 5 Miles
<b>3</b>	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
<b>4</b>	Rest Day	Training Run 3.5 Miles	Race Pace 3 Miles	Strength Training	Training Run 3.5 Miles	Rest Day	Long Run 4 Miles
<b>5</b>	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	3 x 800m Intervals	Long Run 6 Miles
<b>6</b>	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	3 x 800m Intervals	Long Run 7 Miles
<b>7</b>	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	4 x 800m Intervals	Long Run 8 Miles
<b>8</b>	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Strength Training	Training Run 5 Miles	4 x 800m Intervals	Long Run 6 Miles
<b>9</b>	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Strength Training	Training Run 5 Miles	4 x 800m Intervals	Long Run 9 Miles
<b>10</b>	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Strength Training	Training Run 5 Miles	4 x 800m Intervals	Long Run 10 Miles
<b>11</b>	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	2 x 800m Intervals	Long Run 7 Miles
<b>12</b>	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, which is the sub 4-hr marathon pace. 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 6-9 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.

**MARATHON HANDBOOK**

**Sub 2 hours half marathon training plan** is a goal that many runners aspire to achieve. Completing a half marathon in under two hours is a significant milestone, showcasing both endurance and speed. However, achieving this goal requires a well-structured training plan, commitment, and an understanding of key running principles. In this article, we will explore the components of an effective sub 2 hours half marathon training plan, including training strategies, nutrition tips, and mental preparation.

# Understanding the Sub 2 Hour Half Marathon

A half marathon is 13.1 miles (21.1 kilometers), and completing it in under two hours means maintaining an average pace of about 9:09 minutes per mile. To reach this target, runners need to build not only their endurance but also their speed. Understanding the requirements of this goal is the first step in developing a successful training plan.

## Key Components of a Successful Training Plan

To prepare for a sub 2 hour half marathon, your training plan should include the following key components:

- **Base Mileage:** Gradually increasing your weekly mileage to build endurance.
- **Speed Work:** Incorporating interval training and tempo runs to improve pace.
- **Long Runs:** Completing weekly long runs to simulate race conditions.
- **Recovery:** Allowing adequate rest and recovery to prevent injuries.
- **Nutrition:** Following a balanced diet to fuel your training.

## Creating Your Sub 2 Hours Half Marathon Training Plan

A typical training plan for a sub 2 hours half marathon ranges from 10 to 14 weeks, depending on your current fitness level. Here's a sample plan to help you get started:

### Weekly Training Breakdown

1. Base Mileage Phase (Weeks 1-4)
  - Goal: Build endurance and establish a running routine.
  - Weekly Structure:
    - Monday: Rest or cross-training (cycling, swimming)
    - Tuesday: 3-4 miles at an easy pace
    - Wednesday: 5-6 miles at a steady pace
    - Thursday: Rest or strength training
    - Friday: 3-4 miles with some intervals (6 x 400m at 5K pace)
    - Saturday: Rest or easy run (2-3 miles)
    - Sunday: Long run (starting at 6 miles, increasing to 8 miles)
2. Speed Work Phase (Weeks 5-8)
  - Goal: Improve speed and running economy.
  - Weekly Structure:

- Monday: Rest or cross-training
- Tuesday: 4-5 miles at an easy pace
- Wednesday: Tempo run (1 mile easy, 3 miles at race pace, 1 mile easy)
- Thursday: Rest or strength training
- Friday: Speed intervals (8 x 400m at faster than 5K pace with equal rest)
- Saturday: Rest or easy run (3-4 miles)
- Sunday: Long run (increasing to 10-12 miles)

### 3. Peak Phase (Weeks 9-10)

- Goal: Peak mileage and intensity.
- Weekly Structure:
  - Monday: Rest or cross-training
  - Tuesday: 5 miles at an easy pace
  - Wednesday: Long tempo run (2 miles easy, 5 miles at race pace, 2 miles easy)
  - Thursday: Rest or strength training
  - Friday: Speed intervals (10 x 400m at faster than 5K pace)
  - Saturday: Rest or easy run (4 miles)
  - Sunday: Long run (12-14 miles)

### 4. Taper Phase (Weeks 11-12)

- Goal: Rest and recovery while maintaining fitness.
- Weekly Structure:
  - Monday: Rest or easy cross-training
  - Tuesday: 4 miles at an easy pace
  - Wednesday: 3 miles at race pace
  - Thursday: Rest
  - Friday: 2 miles easy with strides
  - Saturday: Rest or very short easy run (2 miles)
  - Sunday: Race day!

## Essential Tips for Success

To successfully achieve your goal of completing a half marathon in under two hours, consider the following tips:

### 1. Listen to Your Body

Pay attention to how your body responds to training. If you experience persistent pain or fatigue, take a break or consult a healthcare professional. Recovery is just as important as the workouts themselves.

### 2. Stay Hydrated and Fuel Properly

Proper hydration and nutrition are crucial for performance. Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Experiment with fueling strategies during long runs to find what works best for you.

### 3. Incorporate Strength Training

Strength training can enhance your running performance by improving muscle

strength and endurance. Incorporate exercises targeting major muscle groups, especially the core, legs, and hips.

## **4. Practice Mental Strategies**

Mental preparation is key for race day. Visualization techniques, positive affirmations, and developing a race-day mantra can help you build confidence and manage anxiety.

## **Conclusion**

Following a structured **sub 2 hours half marathon training plan** can help you achieve your running goals. By focusing on building endurance, increasing speed, and incorporating proper nutrition and recovery strategies, you can cross the finish line successfully within your target time. Remember to stay committed, listen to your body, and enjoy the journey of training for this exciting challenge. With determination and the right approach, you'll be well on your way to achieving your sub 2 hour half marathon goal.

## **Frequently Asked Questions**

### **What is a sub 2 hours half marathon training plan?**

A sub 2 hours half marathon training plan is a structured program designed to help runners complete a half marathon (13.1 miles) in under 2 hours, focusing on building endurance, speed, and proper pacing.

### **How many weeks should a sub 2 hours half marathon training plan last?**

Typically, a sub 2 hours half marathon training plan lasts between 10 to 12 weeks, allowing sufficient time for gradual mileage increase and adaptation.

### **What are the key components of a sub 2 hours half marathon training plan?**

Key components include long runs, tempo runs, speed work, cross-training, rest days, and proper nutrition to enhance endurance and speed.

### **What type of long run pace should I aim for in my training?**

For a sub 2 hours half marathon, you should aim for long run paces around 10:00 to 10:30 per mile, gradually increasing your distance each week.

### **How often should I run each week during training?**

Most sub 2 hours half marathon training plans recommend running 4 to 5 times per week, incorporating a mix of easy runs, speed workouts, and long runs.

Should I include strength training in my sub 2 hours half marathon training plan?

Yes, incorporating strength training 1 to 2 times a week can enhance overall performance, improve running economy, and help prevent injuries.

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## Sub 2 Hours Half Marathon Training Plan

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