

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 130 half marathon training plan is an ambitious yet achievable goal for many runners. Completing a half marathon in under 1 hour and 30 minutes requires a combination of endurance, speed, and strategic training. This article will provide a comprehensive guide to help you develop a training plan that is tailored to meet this objective. Whether you are a seasoned runner looking to improve your time or a relatively new runner aiming for a challenging goal, following a structured plan can significantly enhance your performance.

Understanding the Sub 130 Goal

Achieving a sub 130 half marathon means running at an average pace of approximately 6:50 per mile or 4:15 per kilometer. This pace demands not only physical fitness but also mental resilience. Before embarking on your training journey, it's crucial to assess your current fitness level, running experience, and any prior race times. This assessment will help you determine how much work is needed to reach your goal.

Key Components of a Sub 130 Training Plan

To successfully train for a sub 130 half marathon, your plan should incorporate the following elements:

1. Base Mileage

Building a solid mileage base is essential for endurance. Aim for a weekly mileage of at least 25-40 miles, depending on your current fitness level. Gradually increase your mileage by no more than 10% each week to avoid injury. A sample weekly structure could look like this:

- Monday: Rest or cross-training
- Tuesday: Speed workout (intervals or tempo runs)
- Wednesday: Easy run (4-6 miles)
- Thursday: Mid-long run (8-10 miles)
- Friday: Rest or cross-training
- Saturday: Long run (12-14 miles)
- Sunday: Recovery run (3-5 miles)

2. Long Runs

Long runs are critical for building endurance. Aim to include a long run every week, gradually increasing the distance. These runs should be done at a comfortable pace, allowing you to build stamina without overexerting yourself. Incorporate a few runs of 10-14 miles at your goal race pace to simulate race conditions.

3. Speed Work

Speed workouts are vital for improving your pace. Incorporate the following types of speed training into your plan:

- **Tempo Runs:** Run at a comfortably hard pace for 20-40 minutes, which helps build lactate threshold.
- **Interval Training:** Short bursts of speed (e.g., 800 meters or 1 mile) followed by rest periods. Aim for 4-6 intervals at 5K pace.
- **Fartlek Training:** Mix periods of fast running with slower recovery phases throughout your run.

4. Rest and Recovery

Rest days are just as important as training days. Your body needs time to recover and adapt to the training stimulus. Include at least one full rest day each week, and consider active recovery activities like yoga or swimming on other rest days.

Sample 12-Week Sub 130 Half Marathon Training Plan

Here's a sample 12-week training plan to help you break the 1:30 barrier:

Weeks 1-4: Building Base

- Week 1:
 - Mon: Rest
 - Tue: 5 miles easy
 - Wed: 4 miles with 4x400m intervals
 - Thu: 6 miles easy
 - Fri: Rest
 - Sat: 8 miles long

- Sun: 3 miles recovery
- Week 2:
 - Mon: Rest
 - Tue: 5 miles easy
 - Wed: 5 miles with tempo run
 - Thu: 6 miles easy
 - Fri: Rest
 - Sat: 10 miles long
 - Sun: 3 miles recovery
- Weeks 3-4: Gradually increase mileage to 6-7 miles mid-week and 12-14 miles for long runs.

Weeks 5-8: Increasing Intensity

- Week 5:
 - Mon: Rest
 - Tue: 6 miles easy
 - Wed: 5 miles with 5x800m intervals
 - Thu: 7 miles easy
 - Fri: Rest
 - Sat: 12 miles long
 - Sun: 4 miles recovery
- Weeks 6-8: Incorporate more tempo runs and longer intervals, increase long runs to 14-15 miles.

Weeks 9-12: Race Preparation

- Week 9:
 - Mon: Rest
 - Tue: 7 miles easy
 - Wed: 6 miles with tempo run
 - Thu: 8 miles easy
 - Fri: Rest
 - Sat: 12 miles at goal pace
 - Sun: 5 miles recovery
- Weeks 10-12: Taper mileage, focusing on maintaining intensity but reducing volume. Include a race simulation in week 11.

Nutritional Considerations for Half Marathon Training

Fueling your body adequately is crucial during your training. Here are some tips for optimizing your nutrition:

- **Carbohydrates:** Focus on complex carbohydrates like whole grains, fruits, and vegetables to provide energy.
- **Protein:** Include lean protein sources for muscle recovery, such as chicken, fish, eggs, and legumes.
- **Hydration:** Stay hydrated before, during, and after your runs. Consider electrolyte drinks for long runs.

Conclusion

Training for a sub 130 half marathon is a challenging yet rewarding endeavor. By following a structured training plan that includes base mileage, long runs, speed work, and proper recovery, you can increase your chances of success. Remember to listen to your body, adjust your training as needed, and focus on nutrition to support your running goals. With dedication and perseverance, you can cross the finish line in under 1 hour and 30 minutes. Happy running!

Frequently Asked Questions

What is a sub 130 half marathon training plan?

A sub 130 half marathon training plan is designed for runners aiming to complete a half marathon in under 1 hour and 30 minutes, focusing on speed, endurance, and proper pacing.

How many weeks should a sub 130 half marathon training plan last?

Typically, a sub 130 half marathon training plan lasts between 10 to 14 weeks, allowing adequate time for building endurance and speed.

What are the key components of a sub 130 half marathon training plan?

Key components include long runs, tempo runs, interval training, easy runs, strength training, and rest days to prevent injury and promote recovery.

How many days a week do I need to train for a sub 130 half marathon?

Most plans recommend training 4 to 6 days a week, depending on your experience level and fitness goals.

What pace should I aim for during speed workouts in a sub 130 training plan?

During speed workouts, you should aim for intervals at a pace that is approximately 10 to 15 seconds faster than your goal race pace of about 6:52 per mile.

Should I include cross-training in my sub 130 half marathon training plan?

Yes, incorporating cross-training activities such as cycling, swimming, or strength training can enhance overall fitness and prevent burnout.

How long should my long runs be when training for a sub 130 half marathon?

Long runs should gradually build up to 10 to 12 miles, with the longest run ideally being around 12 to 14 miles about 2 to 3 weeks before race day.

How do I prevent injuries while following a sub 130 half marathon training plan?

To prevent injuries, ensure you include rest days, listen to your body, incorporate strength training, and gradually increase your mileage.

What nutrition strategies should I use during training for a sub 130 half marathon?

Focus on a balanced diet with adequate carbohydrates, proteins, and fats. Practice fueling strategies during long runs to determine what works best for you on race day.

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Sub 130 Half Marathon Training Plan

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