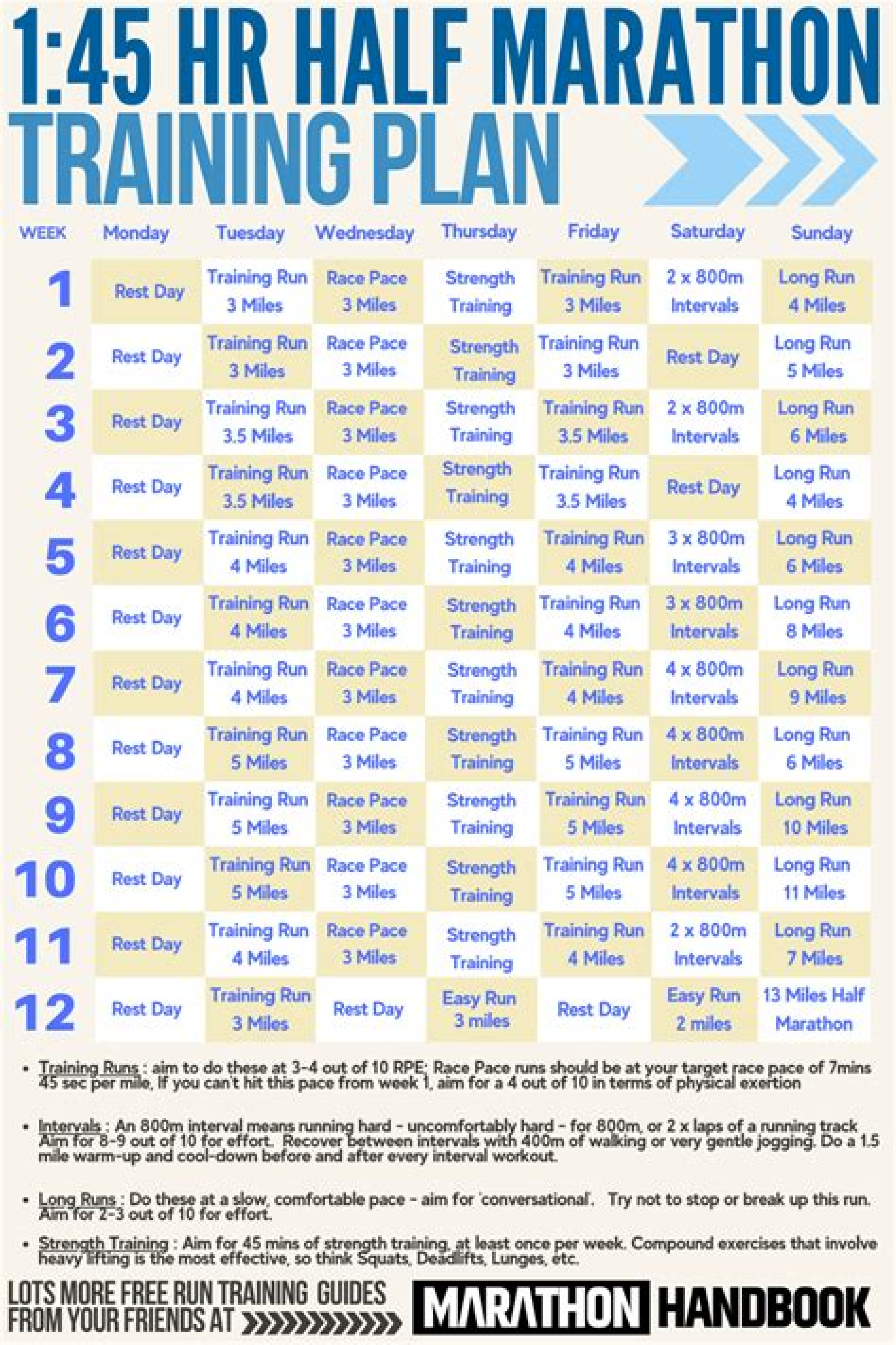
Sub 140 Half Marathon Training Plan



1:45 HR HALF MARATHON
TRAINING PLAN

WEEK	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 8 Miles
7	Rest Day	Training Run 4 Miles	Race Pace 3 Miles	Strength Training	Training Run 4 Miles	4 x 800m Intervals	Long Run 9 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 10 Miles
10	Rest Day	Training Run 5 Miles	Race Pace 3 Miles	Strength Training	Training Run 5 Miles	4 x 800m Intervals	Long Run 11 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 3-4 out of 10 RPE; Race Pace runs should be at your target race pace of 7mins 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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Sub 140 Half Marathon Training Plan: Achieving a sub 140 half marathon time is an admirable goal for many runners, whether you're a seasoned athlete or a newcomer to the sport. This ambitious target requires a well-structured training plan that focuses on building endurance, speed, and race-day strategy. In this article, we will outline a comprehensive training plan, discuss essential workouts, share tips for nutrition and recovery, and provide insights on how to stay motivated throughout your training journey.

Understanding the Sub 140 Goal

Achieving a sub 140 half marathon means completing the 13.1-mile distance in under 140 minutes, or about 6 minutes and 23 seconds per mile. This goal is challenging but attainable with the right approach. Here are a few key components to consider:

Why Aim for a Sub 140 Time?

- Personal Challenge: Setting a specific time goal pushes you to improve your running skills.
- Increased Confidence: Achieving this goal can boost self-esteem and motivate you to set even higher goals.
- Community Recognition: Completing a half marathon in under 140 minutes earns respect in the running community, showcasing your dedication and hard work.

Baseline Fitness Assessment

Before starting your training plan, assess your current fitness level. Consider the following:

1. Recent Race Times: Look at your recent race performances to gauge your current pace.
2. Weekly Mileage: Determine how many miles you currently run each week.
3. Long Run Distance: Assess your longest run in the past few weeks to establish a starting point.

Sub 140 Half Marathon Training Plan Overview

The following training plan spans 12 weeks, leading up to race day. It is designed for runners who can comfortably run at least 20 miles per week before starting. The weekly structure includes different types of runs to build speed and endurance.

Weekly Structure

- Monday: Rest or cross-training
- Tuesday: Speed work
- Wednesday: Easy run
- Thursday: Tempo run
- Friday: Rest or cross-training

- Saturday: Long run
- Sunday: Easy run or recovery run

Detailed Weekly Breakdown

Weeks 1-4: Base Building

- Tuesday (Speed Work):
- Week 1: 4x400m at 5K pace with 90 seconds rest
- Week 2: 5x400m at 5K pace with 90 seconds rest
- Week 3: 3x800m at 10K pace with 2 minutes rest
- Week 4: 4x800m at 10K pace with 2 minutes rest

- Wednesday (Easy Run): 3-5 miles at a comfortable pace, focus on breathing and form.

- Thursday (Tempo Run):
- Week 1: 3 miles at half marathon goal pace (6:23/mile)
- Week 2: 4 miles at half marathon goal pace
- Week 3: 5 miles at half marathon goal pace
- Week 4: 6 miles at half marathon goal pace

- Saturday (Long Run):
- Gradually increase from 8 miles in Week 1 to 10 miles in Week 4.

- Sunday (Recovery Run): 3-4 miles at an easy pace.

Weeks 5-8: Endurance and Speed Development

- Tuesday (Speed Work):
- Week 5: 5x1000m at slightly faster than 10K pace with 2 minutes rest
- Week 6: 6x800m at 5K pace with 2 minutes rest
- Week 7: 5x1000m at 10K pace with 2 minutes rest
- Week 8: 4x1200m at 10K pace with 3 minutes rest

- Wednesday (Easy Run): 4-6 miles.

- Thursday (Tempo Run):
- Increase to 7 miles at half marathon goal pace in Week 8.

- Saturday (Long Run): Increase long runs to 12 miles by Week 8.

- Sunday (Recovery Run): 4-5 miles.

Weeks 9-12: Race Preparation and Tapering

- Tuesday (Speed Work):
- Focus on race pace intervals. For example, Week 9: 3x1 mile at goal pace with 3 minutes rest.

- Wednesday (Easy Run): 5-7 miles, depending on how you feel.

- Thursday (Tempo Run):
- Week 10: 8 miles at goal pace
- Week 11: 5 miles at goal pace
- Week 12: 3 miles at goal pace (taper week)

- Saturday (Long Run):
- Peak with a 13-mile run in Week 10, then taper down to 8 miles in Week 12.

- Sunday (Recovery Run): 4-5 miles.

Key Workout Types Explained

Speed Work

Speed workouts are essential for building your anaerobic capacity and improving your overall pace. Incorporating intervals at a pace faster than your goal race pace helps your body adapt and become more efficient.

Tempo Runs

Tempo runs are crucial for developing the ability to maintain a faster pace over longer distances. They help you practice running close to your lactate threshold, which is vital for race day performance.

Long Runs

Long runs are the backbone of your training plan. They build endurance and mental toughness, preparing you for the demands of race day. Always aim to finish these runs feeling like you could continue for a few more miles.

Nutrition and Hydration

Fueling Your Training

Proper nutrition is key to successful training and race performance. Focus on:

- Carbohydrates: Aim for complex carbohydrates like whole grains, fruits, and vegetables to fuel your runs.
- Protein: Include lean protein sources to aid muscle recovery.
- Fats: Healthy fats from sources like avocados, nuts, and olive oil are essential for overall health.

Hydration Strategies

Stay hydrated throughout your training. Here are some tips:

1. Drink water regularly throughout the day.
2. Consume electrolytes during long runs, especially in hot weather.
3. Practice your hydration strategy during long runs to see what works best for you.

Recovery Strategies

Recovery plays a crucial role in your training plan. Here are some effective strategies:

- Rest Days: Allow your body to recover and adapt to the training load.
- Active Recovery: Engage in low-intensity activities like walking or cycling on rest days.
- Stretching and Foam Rolling: Incorporate stretching and foam rolling to prevent injuries and improve flexibility.

Staying Motivated

Training for a sub 140 half marathon can be mentally challenging. Here are some tips to stay motivated:

1. Set Mini Goals: Break down your training into smaller objectives, like completing a long run or hitting a certain pace.
2. Join a Running Group: Training with others can provide accountability and support.
3. Track Your Progress: Use a running app or journal to log your workouts and celebrate your achievements.

Conclusion

Embarking on a sub 140 half marathon training plan is a rewarding journey that will test your limits and push you toward personal achievement. By following a structured training plan, focusing on nutrition and recovery, and maintaining motivation, you can successfully cross the finish line under the coveted 140-minute mark. Remember, consistency and dedication are key elements to achieving this goal. Lace up your running shoes, stay committed, and enjoy the journey toward race day!

Frequently Asked Questions

What is a sub 140 half marathon training plan?

A sub 140 half marathon training plan is a structured training schedule designed for runners aiming to complete a half marathon (13.1 miles) in under 1 hour and 40 minutes. It typically includes a mix of long runs, speed workouts, and recovery days tailored to build endurance and speed.

How many weeks should a sub 140 half marathon training plan last?

A typical sub 140 half marathon training plan lasts between 10 to 16 weeks, depending on the runner's current fitness level and experience. This duration allows for gradual mileage increase and proper adaptation to training intensity.

What weekly mileage should I aim for in a sub 140 half marathon training plan?

Weekly mileage for a sub 140 half marathon training plan usually ranges from 25 to 40 miles, with peak weeks sometimes exceeding 50 miles. It's important to build mileage gradually to avoid injury while enhancing endurance.

What types of workouts are included in a sub 140 training plan?

A sub 140 training plan typically includes long runs, tempo runs, interval workouts, easy recovery runs, and possibly hill workouts. This variety helps improve both endurance and speed, essential for achieving a sub 140 finish.

What should my long run pace be for a sub 140 half marathon training plan?

For a sub 140 half marathon, your long run pace should generally be 30 to 90 seconds slower per mile than your goal race pace. This often translates to a long run pace of about 8:00 to 8:30 per mile, depending on your current fitness level.

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