Sub 2.30 Hours
Half marathon training schedules

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Week 1

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	3M	12:00	approx 40 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	2M	11:00	approx 25 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	6M	13:00	approx 78 mins
Total		11M		2hrs 20

Week 2

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	4M	12:00	approx 50 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	3M	11:00	approx 35 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	6M	12:30	approx 75 mins
Total		13M		2hrs 40

Key: w/u = warm up   c/d = cool down

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Week 3

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	5M	12:00	approx 60 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	4M	11:00	approx 44 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	7M	12:30	approx 90 mins
Total		16M		3hrs 15

Week 4

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	4M	12:00	approx 48 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	3M	11:00	approx 33 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	11:00	target: 68:00 (plus 25-min jog)
Total		15M		2hrs 55

Key: w/u = warm up   c/d = cool down

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Week 5

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	5M	12:00	approx 60 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	4M	11:00	approx 44 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	8M	12:30	approx 1hr 40
Total		17M		3hrs 25

Week 6

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	5M	12:00	approx 60 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	5M	11:00	approx 55 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	9M	12:30	approx 1hr 55
Total		19M		3hrs 50

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Week 7

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	5M	12:00	approx 60 mins
Wednesday	Rest			
Thursday	Faster run/walk	5M	11:00	approx 55 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	9M	12:30	approx 1hr 55
Total		19M		3hrs 50

Week 8

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	5M	12:00	approx 60 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	4M	10:30	approx 42 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	11M	12:30	approx 2hrs 20
Total		21M		4hrs

Key: w/u = warm up   c/d = cool down

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Week 9

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	4M	12:00	approx 48 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	5M	11:00	approx 55 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	12M	12:30	approx 2hrs 30
Total		21M		4hrs 15

Week 10

Day	Session	Distance	Pace	Time
Monday	**Rest**			
Tuesday	Slow run/walk	4M	12:00	approx 48 mins
Wednesday	**Rest**			
Thursday	Faster run/walk	5M	10:30	approx 53 mins
Friday	**Rest**			
Saturday	**Rest**			
Sunday	Easy run/walk	13M	12:30	approx 2hrs 40
Total		22M		4hrs 20

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Week 11

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	4M	12:00	approx 48 mins
Wednesday	Rest			
Thursday	Faster run/walk	6M	11:00	approx 66 mins
Friday	Rest			
Saturday	Rest			
Sunday	Race	10K (plus 1M warm-up/1M cool-down)	10:30	target: 65:00 (plus 25-min jog)
Total		18M		3hrs 25

Week 12

Day	Session	Distance	Pace	Time
Monday	Rest			
Tuesday	Slow run/walk	3M	12:00	approx 36 mins
Wednesday	Rest			
Thursday	Faster run/walk	3M	11:30	approx 35 mins
Friday	Rest			
Saturday	Rest			
Sunday	Race Day	(plus 1M warm-up/1M cool-down)	11:20	target: 2:28:30 (plus 25-min jog)
Total		21M		4hrs 5

Key: w/u = warm up   c/d = cool down