

10-week sub-1:50 half-marathon schedule

WEEK 1	5M easy	5M, a little faster than Mon	5M, inc 15 mins of 30 secs fast, 60 secs jogging	5M easy, off-road	Rest	5M easy, inc some strides	7-8M easy
WEEK 2	4M easy	6M steady, on a hilly course	5M, inc 16 mins of 1 min fast, 1 min jogging	5M easy	Rest	Warm up, then 3M fast (timed). Warm down	7-8M easy
WEEK 3	4M easy	6M steady, finishing faster	4M easy	Warm up, then 8 x 90 secs fast, 90 secs slow	Rest	Warm up, then 4 x 800m (or 4 x 3 mins), with 3-min recovery jogs	7-8M slow
WEEK 4	4M easy	6M, fairly fast	Repetitions: 4 x 3 mins fast, with 2-min recoveries	5M easy	Rest	1M jog, then 5M fairly fast, then 1M jog	10M slow
WEEK 5	5M easy, off-road	6M, starting slow, finishing faster	3 x 5 mins fast, with 5-min jog recoveries	5M easy, inc 6 x 150m fast strides	Rest or 3M jog	2M slow, then 1M fast, then 2M slow	Warm up, then 10K race or 5M pace run (timed)
WEEK 6	5M easy	5M, inc 16 x 1 min fast, 1 min slow	2 x 2M (approx), timed, at threshold pace	5-6M easy	Rest or 3M jog	1M easy, then 4-5M fairly fast, then 1M jog	10M steady
WEEK 7	5M easy, off-road if possible	Rest	8M, fairly fast	4M easy	Rest or 3M jog	4M on grass, inc 6 x 200m strides	Warm up, then 10K race. Warm down
WEEK 8	5M easy, off-road	6M steady, inc bursts up hills	3 x 1M (or 3 x 5 mins), with 5-min recoveries	5M easy	5M easy	6-7M, inc 10 x 30 secs fast, 30 secs slow	10-12M steady
WEEK 9	5M easy	5M, inc 16 x 1 min fast, 1 min slow	Warm up, then 2 x 2M (approx), timed, at threshold pace	5-6M easy	Rest or 3M jog	1M easy, then 4-5M fairly fast, then 1M jog	10M steady
WEEK 10	5M easy	6-7M at a comfortable pace	Warm up, then 2M at race pace, then 2M jog	5M easy, inc 6 x 30 secs fast	Rest	3M, in race kit	Race day

This program has been designed by Bruce Tulloh.