FREE TRAINING PLAN

1:45 Half Marathon Training Plan

Follow a 1:45 half-marathon training plan with 4:58/km target pace, a repeatable four-week schedule, long runs and session-by-session guidance.

TARGET

1:45

The outcome this plan is built around.

RACE PACE

8:00/mile

The main rhythm to understand before starting.

BLOCK

3 build weeks + recovery

The training structure for this plan.

IS THIS PLAN RIGHT FOR YOU?

Best suited to runners with a half-marathon PB under around 2 hours who can run close to 8:00/mile for at least a mile.

FOLLOW THE PLAN IN THE APP

Scan to get RunningFastr on iPhone

https://apps.apple.com/gb/app/runningfastr/id6759058880

https://www.runningfastr.com/half-marathon-training-plan/145-half-marathon-training-plan/

WEEK 1 SCHEDULE

Week 1: Set race-pace rhythm

Open with tempo strength, race-pace 2km reps and a controlled long run.

Monday

TEMPO RUN / BREAKTHROUGH

5 mile tempo

Run slightly quicker than race pace with a relaxed warm-up and cool-down if time allows. | Pace: Slightly quicker than race pace | Note: + warm-up / cool-down

Tuesday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: 9:00-10:00/mile or easier

Wednesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Thursday

INTERVALS / BREAKTHROUGH

4 x 2km at target half-marathon pace

Run 4 x 2km at 8:00/mile (4:58/km). Keep the recoveries controlled and the rhythm smooth. | Pace: 9:56 per 2km | Recovery: 2 min jogged recovery

Friday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Saturday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: 9:00-10:00/mile or easier

Sunday

LONG RUN / BREAKEVEN

Long run, gentle pace: 60-75 mins

Build the endurance that lets half-marathon pace stay steady in the final miles. | Note: Gentle, controlled effort

WEEK 2 SCHEDULE

Week 2: Add endurance strength

Use easy volume, a 10k paced effort and faster 1km reps to support the half-marathon target.

Monday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Tuesday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: 9:00-10:00/mile or easier

Wednesday

EASY RUN / BREAKEVEN

30mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: 9:00-10:00/mile or easier

Thursday

PACED RUN / BREAKTHROUGH

10k paced run

A strong controlled 10k effort to check fitness and practise holding rhythm under pressure. | Note: Aim for around 49:40

Friday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Saturday

INTERVALS / BREAKTHROUGH

10 x 1km intervals

Run quicker than target half-marathon pace while keeping form tidy and recoveries honest. | Pace: Around 7:30/mile for 800m/1km work | Recovery: 90s jogged recovery

Sunday

LONG RUN / BREAKEVEN

Long run, gentle pace: 75-90 mins

Build the endurance that lets half-marathon pace stay steady in the final miles. | Note: Gentle, controlled effort

WEEK 3 SCHEDULE

Week 3: Peak the block carefully

Reach the longest aerobic support run and practise controlled faster running without forcing fatigue.

Monday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: 9:00-10:00/mile or easier

Tuesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Wednesday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Thursday

INTERVALS / BREAKTHROUGH

10 x 1km intervals

Run these quicker than race pace, but keep them repeatable. This is not a secret race. | Pace: Around 7:30/mile for 800m/1km work | Recovery: 90s jogged recovery

Friday

REST / CROSS-TRAIN / RECOVERY

Rest or cross-train

Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

Saturday

EASY RUN / BREAKEVEN

45mins easy

Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: 9:00-10:00/mile or easier

Sunday

LONG RUN / BREAKEVEN

Long run, gentle pace: 90-120 mins

Build the endurance that lets half-marathon pace stay steady in the final miles. | Note: Gentle, controlled effort

WEEK 4 SCHEDULE

Week 4: Recover and absorb

Reduce load, keep one tempo touchpoint, and let the previous three weeks settle before repeating or sharpening.

Monday	REST / CROSS-TRAIN / RECOVERY	**Rest or cross-train** Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Tuesday	TEMPO RUN / BREAKTHROUGH	**5 mile tempo** A controlled tempo effort to maintain rhythm without turning recovery week into a heroic ambush. | Pace: Slightly quicker than race pace | Note: Do not force it
Wednesday	REST / CROSS-TRAIN / RECOVERY	**Rest or cross-train** Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Thursday	REST / CROSS-TRAIN / RECOVERY	**Rest or cross-train** Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Friday	EASY RUN / BREAKEVEN	**45mins easy** Comfortable aerobic running. This is the glue of half-marathon training, not a hidden race. | Pace: 9:00-10:00/mile or easier
Saturday	REST / CROSS-TRAIN / RECOVERY	**Rest or cross-train** Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.
Sunday	REST / CROSS-TRAIN / RECOVERY	**Rest or cross-train** Keep this genuinely easy. Bike, swim, mobility or full rest all count if they leave you fresher.

PACES AND SESSION GUIDE

Paces and session guide

RACE PACE

8:00/mile

Required rhythm for 1:45.

KILOMETRE PACE

4:58/km

Useful for GPS watches and kilometre markers.

TREADMILL EQUIVALENT

7.5 mph / 12.1 km/h

Approximate treadmill conversion where relevant.

800M SPLIT

3:58

Used for faster repeat work on target-time plans.

2KM SPLIT

9:56

Useful for race-pace repetition sessions.

10K CHECKPOINT

49:40

A helpful benchmark for half-marathon readiness.

Breakeven sessions

These sessions maintain aerobic fitness, build durability and help you recover for the harder work.

Easy runs

Keep these at 9:00-10:00/mile or easier. The point is to arrive fresher, not to collect medals on Strava.

Long runs

Build time on feet gradually. The long run supports the race target, but should not turn every Sunday into a war story.

Rest / cross-training

Use easy cycling, swimming, mobility or full rest to absorb the impact of the running.

Breakthrough sessions

These are the harder touchpoints that move the target from dream pace to controlled rhythm.

Tempo runs

Run these at Slightly quicker than race pace. Strong, controlled and sustainable.

2km reps

Use 9:56 per 2km as a race-pace rhythm check with jogged recovery.

10k paced effort

Aim for around 49:40. This gives a useful readiness check before a half-marathon PB attempt.

1km / 800m reps

Use Around 7:30/mile for 800m/1km work for faster work, but keep the final reps tidy rather than desperate.

How to use this plan

1. Start from current fitness, not the dream target. If the target pace already feels impossible in short controlled efforts, bridge first.
2. Keep easy runs easy. Half-marathon progress depends on absorbing the work, not making every session medium-hard.
3. Use the long run to build confidence and durability. Do not race it every week.
4. Repeat the cycle or sharpen toward race day once the key sessions feel controlled and your recovery is stable.
5. If injury risk rises, reduce the load before the plan starts making decisions for you.

YOUR NEXT PB

1:30 Half Marathon Training Plan

https://www.runningfastr.com/half-marathon-training-plan/130-half-marathon-training-plan/

Free plan. No subscription required. Pick your target, follow the plan, run faster.

Training guidance is general information, not personalised medical advice. Reduce or stop training if pain changes your stride or worsens.