

TRAINING PLAN FOR HALF-MARATHON

#1

Target time: **2:30 or slower**

Basic principle: 3 training sessions a week: 1 long endurance run,
1x interval run, 1x endurance run at a relaxed pace or alternative training

Pace: **7:06 or slower**

Prior to this training plan, you should be
able to run 40 minutes at a relaxed pace

TOP4RUNNING



WEEK 1

MONDAY

Off

TUESDAY

8 x 1 km run, always with 2-minute walks between the runs

Intensity: Slow pace: 80–85% of your race pace + mobility-training

WEDNESDAY

Off

THURSDAY

Alternative training: power training, bike ride or an easy run + mobility-training

FRIDAY

Off

SATURDAY

4 x 2 km run, always with a 2-minute walk between the runs

Intensity: Slow pace: 80–85% of your race pace

SUNDAY

Mobility-training + Foam Rolling

WEEK 2

MONDAY

Off

TUESDAY

8 km run. A break, if needed

Intensity: Slow pace: 80–85% of your race pace + mobility-training

WEDNESDAY

Off

THURSDAY

Alternative training: power training, bike ride or an easy run + mobility-training

FRIDAY

Off

SATURDAY

10 x 1 km run, always with a 2-minute walk between the runs

Intensity: Slow pace: 80–85% of your race pace

SUNDAY

Mobility-training + Foam Rolling

WEEK 3

MONDAY

Off

TUESDAY

10 km run. A break, if needed

Intensity: Slow pace: 80–85% of your race pace + mobility-training

WEDNESDAY

Off

THURSDAY

Alternative training: power training, bike ride or an easy run + mobility-training

FRIDAY

Off

SATURDAY

5 x 2 km run, always with a 2-minute walk between the runs

Intensity: Slow pace: 80–85% of your race pace

SUNDAY

Mobility-training + Foam Rolling

WEEK 4

MONDAY

Off

TUESDAY

4 x 3 km run always with a 2-minute walk between the runs

Intensity: Slow pace: 80–85% of your race pace + mobility-training

WEDNESDAY

Off

THURSDAY

Alternative training: power training, bike ride or an easy run + mobility-training

FRIDAY

Off

SATURDAY

6 x 1 km run. **Intensity:** able to say a few words while running, but not to have a continuous conversation: 90–95% of your race pace

SUNDAY

Mobility-training + Foam Rolling

WEEK 5

MONDAY

Off

TUESDAY

5 x 3 km run always with a 2-minute walk between the runs

Intensity: Slow pace: 80–85% of your race pace + mobility-training

WEDNESDAY

Off

THURSDAY

Alternative training: power training, bike ride or an easy run + mobility-training

FRIDAY

Off

SATURDAY

7 x 1 km run. Intensity: able to say a few words while running, but not to have a continuous conversation:: 90-95% of your race pace

SUNDAY

Mobility-training + Foam Rolling

WEEK 6

MONDAY

Off

TUESDAY

4 x 4 km run always with a 2-minute walk between the runs

Intensity: Slow pace: 80–85% of your race pace + mobility-training

WEDNESDAY

Off

THURSDAY

Alternative training: power training, bike ride or an easy run + mobility-training

FRIDAY

Off

SATURDAY

4 x 1 km run. **Intensity:** breathing is more or less demanding, speaking impossible:
your race pace

SUNDAY

Mobility-training + Foam Rolling

WEEK 7

MONDAY

Off

TUESDAY

12 km run. A break, if needed

Intensity: Slow pace: 80–85% of your race pace + mobility-training

WEDNESDAY

Off

THURSDAY

Alternative training: power training, bike ride or an easy run + mobility-training

FRIDAY

Off

SATURDAY

5 km run

Intensity: Slow pace: 80–85% of your race pace

SUNDAY

Mobility-training + Foam Rolling

WEEK 8

MONDAY

Off

TUESDAY

4 km easy run + 1 km at race pace

WEDNESDAY

Off

THURSDAY

3 km easy run + 1 km at race pace

FRIDAY

Off

SATURDAY

Off

SUNDAY

Race day: Half-marathon 21.1 km

Note: About the 2-minute walk. Feel rested sooner? Then continue running. Need a bit more rest? Take a longer break.