

# TRAINING PLAN FOR HALF-MARATHON

#2

Target time: **below 2:30**

Pace: **7:04 or faster**

TOP4RUNNING



# WEEK 1

## MONDAY

Off

## TUESDAY

**5 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

## WEDNESDAY

Off

## THURSDAY

**5 km run. Intensity:** Slow pace: 80–85% of your race pace + mobility-training

## FRIDAY

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

## SATURDAY

Off

## SUNDAY

**6 km + 2 km run. Intensity:** 6 km at a slow pace: 80–85% of your race pace, 2 km 90–95% of your race pace

# WEEK 2

## MONDAY

Off

## TUESDAY

**5 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

## WEDNESDAY

Off

## THURSDAY

**5 km run. Intensity:** Slow pace: 80–85% of your race pace + mobility-training

## FRIDAY

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

## SATURDAY

Off

## SUNDAY

**8 km + 2 km run. Intensity:** 8 km at a slow pace: 80–85% of your race pace, 2 km 90–95% of your race pace

# WEEK 3

## MONDAY

Off

## TUESDAY

**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

## WEDNESDAY

Off

## THURSDAY

**5 km run. Intensity:** Slow pace: 80–85% of your race pace + mobility-training

## FRIDAY

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

## SATURDAY

Off

## SUNDAY

**8 km + 3 km run. Intensity:** 8 km at a slow pace: 80–85% of your race pace, 3 km 90–95% of your race pace

# WEEK 4

## MONDAY

Off

## TUESDAY

5 x 1 km run

**Intensity:** breathing is more or less demanding: speaking impossible: your race pace

## WEDNESDAY

Off

## THURSDAY

5 km run. **Intensity:** Slow pace: 80–85% of your race pace + mobility-training

## FRIDAY

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

## SATURDAY

Off

## SUNDAY

10 km + 3 km run. **Intensity:** 10 km at a slow pace: 80–85% of your race pace, 3 km 90–95% of your race pace

# WEEK 5

## MONDAY

Off

## TUESDAY

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

## WEDNESDAY

Off

## THURSDAY

**5 km run. Intensity:** Slow pace: 80–85% of your race pace + mobility-training

## FRIDAY

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

## SATURDAY

Off

## SUNDAY

**13 km + 3 km run. Intensity:** 13 km at a slow pace: 80–85% of your race pace,  
3 km 90–95% of your race pace

# WEEK 6

## MONDAY

Off

## TUESDAY

5 x 1 km run

**Intensity:** breathing is more or less demanding: speaking impossible: your race pace

## WEDNESDAY

Off

## THURSDAY

5 km run. **Intensity:** Slow pace: 80–85% of your race pace + mobility-training

## FRIDAY

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

## SATURDAY

Off

## SUNDAY

12 km + 5 km run. **Intensity:** 8 km at a slow pace: 80–85% of your race pace,  
3 km 90–95% of your race pace

# WEEK 7

## MONDAY

Off

## TUESDAY

6 km run

**Intensity:** slow pace: 80–85% of your race pace C14+ mobility-training

## WEDNESDAY

Off

## THURSDAY

5 km run. **Intensity:** Slow pace: 80–85% of your race pace + mobility-training

## FRIDAY

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

## SATURDAY

Off

## SUNDAY

8 km easy run



# WEEK 8

## MONDAY

Off

## TUESDAY

6 km easy run + 1 km race pace

## WEDNESDAY

Off

## THURSDAY

9 km easy run + 1 km race pace

## FRIDAY

Off

## SATURDAY

Off

## SUNDAY

**Race day:** Half-marathon 21.1 km

**Note:** Sunday is your Long Run day. It is important that you run the last kilometres a bit faster. If the distance is still too long for you, take a short walk during the run or divide it, e.g. run 12 km divided into 2 x 6 km.