

TRAINING PLAN FOR HALF-MARATHON

#3

Target time: **below 2:00**

Pace: **5:40 or faster**

TOP4RUNNING



WEEK 1

MONDAY

Off

TUESDAY

1 km warm-up run, warm-up routine, 5 x 1 km intervals

Intensity: 105% of your race pace

WEDNESDAY

5 km easy run + power and mobility-training, if possible

THURSDAY

Off

FRIDAY

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

SATURDAY

12 km Long Run. **Intensity:** 80–90% of your race pace

SUNDAY

Off

WEEK 2

MONDAY

Off, Foam Rolling

TUESDAY

1 km warm-up run, warm-up routine, 5 x 1 km intervals

Intensity: 105% of your race pace

WEDNESDAY

5 km easy run + power and mobility-training, if possible

THURSDAY

Off

FRIDAY

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

SATURDAY

14 km Long Run. Intensity: 80–90% of your race pace

SUNDAY

Off

TARGET TIME: BELOW 2:00

WEEK 3

MONDAY

Off, Foam Rolling

TUESDAY

1 km warm-up run, warm-up routine, 5 x 1 km intervals

Intensity: 105% of your race pace

WEDNESDAY

5 km easy run + power and mobility-training, if possible

THURSDAY

Off

FRIDAY

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

SATURDAY

16 km Long Run. **Intensity:** 80–90% of your race pace

SUNDAY

Off

WEEK 4

MONDAY

Off, Foam Rolling

TUESDAY

1 km warm-up run, warm-up routine, 5 x 1 km intervals

Intensity: 105% of your race pace

WEDNESDAY

5 km easy run + power and mobility-training, if possible

THURSDAY

Off

FRIDAY

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

SATURDAY

15 km Long Run, various paces: 11 km at 80% of your race pace,

3 km at race pace, and 1 km at 80% of your race pace

SUNDAY

Off

TARGET TIME: BELOW 2:00

WEEK 5

MONDAY

Off, Foam Rolling

TUESDAY

1 km warm-up run, warm-up routine, 5 x 1 km intervals

Intensity: 105% of your race pace

WEDNESDAY

5 km easy run + power and mobility-training, if possible

THURSDAY

Off

FRIDAY

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

SATURDAY

16 km Long Run, various paces: 11 km at 80% of your race pace, 4 km at race pace, and 1 km at 80% of your race pace

SUNDAY

Off

WEEK 6

MONDAY

Off, Foam Rolling

TUESDAY

1 km warm-up run, warm-up routine, 5 x 1 km intervals

Intensity: 105% of your race pace

WEDNESDAY

5 km easy run + power and mobility-training, if possible

THURSDAY

Off

FRIDAY

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

SATURDAY

17 km Long Run, various paces: 11 km at 80% of your race pace, 6 km at race pace, and 1 km at 80% of your race pace

SUNDAY

Off

TARGET TIME: BELOW 2:00

WEEK 7

MONDAY

Off, Foam Rolling

TUESDAY

5 x 1 km run. **Intensity:** your race pace

WEDNESDAY

Off, or alternative training, bike ride or an easy run

THURSDAY

Off

FRIDAY

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

SATURDAY

10 km run at **slow pace:** 80-85% of your race pace

SUNDAY

Off

WEEK 8

MONDAY

Off, Foam Rolling

TUESDAY

6 km run. **Intensity:** 80% of your race pace

WEDNESDAY

Off

THURSDAY

5 km easy run

FRIDAY

Off

SATURDAY

Off or 20 minutes of easy running

SUNDAY

Race day: Half-marathon 21.1 km

Note: Half-marathon training is demanding. If you aren't able to relax during the training, just slow down and listen to your body, not to the plan.