

TRAINING PLAN FOR HALF-MARATHON

#4

Target time: **below 1:45**

Pace: **4:59 or faster**

TOP4RUNNING



WEEK 1

MONDAY

1 km warm-up run, warm-up routine, 6 km easy run

Intensity: 75–80% of your race pace

TUESDAY

6 x 1 km intervals, always with a 1-minute break

Intensity: your race pace

WEDNESDAY

Off

THURSDAY

5 km fast endurance run. Intensity: 85–90% of your race pace

FRIDAY

6 km somewhat relaxed endurance run

Intensity: 75–80% of your race pace, warm-up routine, mobility-training

SATURDAY

14 km Long Run. Intensity: 8 km 80–85% of race pace, 5 km 90–95% of your race pace,
1 km 80% of your race pace

SUNDAY

Off

WEEK 2

MONDAY

1 km warm-up run, warm-up routine, 8 km easy run

Intensity: 75–80% of your race pace

TUESDAY

8 x 1 km intervals, always with a 1-minute break

Intensity: your race pace

WEDNESDAY

Off

THURSDAY

6 km fast endurance run. Intensity: 85–90% of your race pace

FRIDAY

6 km somewhat relaxed endurance run

Intensity: 75–80% of your race pace, warm-up routine, mobility-training

SATURDAY

14 km Long Run. Intensity: 7 km 80–85% of race pace, 6 km 90–95% of your race pace,
1 km 80% of your race pace

SUNDAY

Off

WEEK 3

MONDAY

1 km warm-up run, warm-up routine, 10 km easy run

Intensity: 75–80% of your race pace

TUESDAY

5 x 1 km intervals, always with a 1-minute break

Intensity: 105–110% of your race pace

WEDNESDAY

Off

THURSDAY

7 km fast endurance run. Intensity: 85–90% of your race pace

FRIDAY

6 km somewhat relaxed endurance run

Intensity: 75–80% of your race pace, warm-up routine, mobility-training

SATURDAY

16 km Long Run. Intensity: 9 km 80–85% of race pace, 6 km 90–95% of your race pace,
1 km 80% of your race pace

SUNDAY

Off

WEEK 4

MONDAY

1 km warm-up run, warm-up routine, 10 km easy run

Intensity: 75–80% of your race pace

TUESDAY

6 x 1 km intervals, always with a 1-minute break

Intensity: 105–110% of your race pace

WEDNESDAY

Off

THURSDAY

8 km fast endurance run. Intensity: 85–90% of your race pace

FRIDAY

6 km somewhat relaxed endurance run

Intensity: 75–80% of your race pace, warm-up routine, mobility-training

SATURDAY

15 km Long Run. Intensity: 6 km 80–85% of race pace, 8 km 90–95% of your race pace,
1 km 80% of your race pace

SUNDAY

Off

WEEK 5

MONDAY

1 km warm-up run, warm-up routine, 10 km easy run

Intensity: 75–80% of your race pace

TUESDAY

7 x 1 km intervals, always with a 1-minute break

Intensity: 105–110% of your race pace

WEDNESDAY

Off

THURSDAY

8 km fast endurance run. Intensity: 85–90% of your race pace

FRIDAY

6 km somewhat relaxed endurance run

Intensity: 75–80% of your race pace, warm-up routine, mobility-training

SATURDAY

17 km Long Run. Intensity: 9 km 80–85% of race pace, 7 km 90–95% of your race pace,
1 km 80% of your race pace

SUNDAY

Off

WEEK 6

MONDAY

1 km warm-up run, warm-up routine, 10 km easy run

Intensity: 75–80% of your race pace

TUESDAY

5 x 1 km intervals, always with a 1-minute break

Intensity: 105–110% of your race pace

WEDNESDAY

Off

THURSDAY

8 km fast endurance run. Intensity: 85–90% of your race pace

FRIDAY

6 km somewhat relaxed endurance run

Intensity: 75–80% of your race pace, warm-up routine, mobility-training

SATURDAY

18 km Long Run. Intensity: 8 km 80–85% of race pace, 1 km 80% of race pace,
8 km 90–95% of race pace, 1 km 80% of race pace

SUNDAY

Off

WEEK 7

MONDAY

1 km warm-up run, warm-up routine, 8 km easy run

Intensity: 75–80% of your race pace

TUESDAY

5 x 1 km intervals, always with a 1-minute break

Intensity: 105–110% of your race pace

WEDNESDAY

Off

THURSDAY

Off

FRIDAY

6 km somewhat relaxed endurance run

Intensity: 75–80% of your race pace, warm-up routine, mobility-training

SATURDAY

12 km Long Run

Intensity: 6 km 80–85% of race pace, 6 km 90–95% of race pace

SUNDAY

Off

WEEK 8

MONDAY

1 km warm-up run, warm-up routine, 5 km easy run

Intensity: 75–80% of your race pace

TUESDAY

5 x 1 km intervals, always with a 1-minute break

Intensity: of your race pace

WEDNESDAY

Off

THURSDAY

5 km run. Intensity: Slow pace: 80–85% of your race pace

FRIDAY

Off

SATURDAY

Off or 20 minutes of easy running

SUNDAY

Race day: Half-marathon 21.1 km

TARGET TIME: BELOW 1:45