

Training Plan HALF-MARATHON (km)

| Week | Monday | Tuesday  | Wednesday      | Thursday   | Friday | Saturday  | Sunday  |
|------|--------|--|----------------|--|--------|---|---|
| 1    | Rest   | Run 8 km Z1-2  | X-Train        | Run 10 km Z1-2   | Rest   | Run 8 km Z1-2   | Long Run 10 km Z1-2   |
| 2    | Rest   | Run 8 km + Hill Sprints (3x6 sec on 5-8% grade)  | X-Train        | Run 10 km Z1-2   | Rest   | Run 10 km Z1-2 + Hill Sprints (3x6 sec on 5-8% grade) | Long Run 11 km Z1-2   |
| 3    | Rest   | Run 8 km + Hill Sprints (4x6 sec on 5-8% grade)  | Run 6 km Z1-2  | Run 8 km Z1-2 + Hill Sprints (4x6 sec on 5-8% grade)   | Rest   | Run 10 km Z1-2, last 10 min Z3                        | Long Run 13 km Z1-2, last 2 km Z3   |
| 4    | Rest   | Run 10 km, last 2 km Z3  | Run 6 km Z1-2  | Run 11 km Z1-2, last 10 min Z3   | Rest   | Run 10 km Z1-2 + Hill Sprints (6x6 sec on 5-8% grade) | Long Run 14 km Z1-2, last 3 km Z3   |
| 5    | Rest   | Fartlek Run 10 km, 8 x 20s @ 3K-5K pace, rest interval 5 min   | Run 8 km Z1-2  | Run 13 km Z1-2, last 5 km Z3   | Rest   | Run 11 km Z1-2  | Long Run 13 km Z1-2, last 3 km Z3   |
| 6    | Rest   | Fartlek Run 11 km, 8 x 30s @ 3K-5K pace, rest interval 1 min   | Run 8 km Z1-2  | Run 3 km Z1-2, 10 min @ half-marathon pace, recovery jog 5 min, 10 min @ 10K pace, 3 km Z1-2 | Rest   | Run 12 km Z1-2  | Long Run 14 km Z1-2, last 3 km Z3   |
| 7    | Rest   | Fartlek Run 13 km, 10 x 30s @ 3K-5K pace, rest interval 1 min  | Run 10 km Z1-2 | Run 3 km Z1-2, 2 x 15 min @ half-marathon pace -10s, recovery jog 5 min, 3 km Z1-2           | Rest   | Run 13 km Z1-2  | Long Run 16 km Z1-2, last 5 km Z3   |
| 8    | Rest   | Fartlek Run 13 km, 8 x 50s @ 3K-5K pace, rest interval 2 min   | Run 10 km Z1-2 | Run 3 km Z1-2, 2 x 15 min @ half-marathon pace -5-7s, recovery jog 3 min, 3 km Z1-2          | Rest   | Run 13 km Z1-2  | Long Run 18 km Z1-2, last 5 km Z3   |
| 9    | Rest   | Run 11 km Z1-2, 4 x 100m strides, rest interval 2 min  | Run 10 km Z1-2 | Run 11 km Z1-2 + Hill Sprints (6x8 sec on 5-8% grade)  | Rest   | Run 11 km Z1-2  | Long Run 16 km Z1-2, last 3 km Z3   |
| 10   | Rest   | Run 3 km Z1-2, 3-2-1-2-3 min (3 min @ 5K pace, 2 min @ 3K pace, 1 min @ 1.5K pace), recovery run 3,2,1 min respectively, 3 km Z1-2 | Run 11 km Z1-2 | Run 10 km Z1-2 + Hill Sprints (8x8 sec on 5-8% grade)  | Rest   | Run 2 km Z1-2, Time Trial 5K, 2 km Z1-2               | Long Run 19 km Z1-2, last 5 km Z3   |
| 11   | Rest   | Run 3 km Z1-2, up-hill intervals 8x1 min @ 5K effort, recovery jog, 3 km Z1-2  | Run 10 km Z1-2 | Run 3 km Z1-2, 10 km @ half-marathon pace, 3 km Z1-2   | Rest   | Run 13 km Z1-2  | Long Run 16 km Z1-2   |
| 12   | Rest   | Run 3 km Z1-2, 8 x 3 min @ 10K pace, recovery run 2 min, 3 km Z1-2   | Run 8 km Z1-2  | Run 3 km Z1-2, 2x 6 km @ half-marathon pace, rest interval 10 min, run, 2 km Z1-2            | Rest   | Run 13 km Z1-2  | Long Run 19 km Z1-2, last 2 km Z3   |
| 13   | Rest   | Run 3 km Z1-2, 5 x 1.5K @ 5K pace, recovery run 3 min, 3 km Z1-2   | Run 8 km Z1-2  | Run 3 km Z1-2, 2 x 5 km @ half-marathon pace -7s, recovery run 1 min, 2 km Z1-2              | Rest   | Run 13 km Z1-2  | Long Run 6 km Z1-2, 6 km: 2 min @ half-marathon pace -7 s, recovery 2 min, last 6 km Z3 |
| 14   | Rest   | Run 3 km Z1-2, 5 x 1K @ 5K pace, rest interval 2 min, 3 km Z1-2  | Run 8 km Z1-2  | Run 3 km easy, 2 x 6 km @ half-marathon pace, recovery run 5 min, 2 km Z1-2                  | Rest   | Run 8 km Z1-2   | Long Run 22 km Z1-2   |
| 15   | Rest   | Run 3 km Z1-2, 5 x 2K @ 5K pace, rest interval 4 min, 3 km Z1-2  | Run 6 km Z1-2  | Run 3 km Z1-2, 2x 3 km @ half-marathon pace -7s, 2 km Z1-2                                   | Rest   | Run 6 km Z1-2   | Long Run 19 km Z1-2, last 6 km Z3   |
| 16   | Rest   | Run 3 km Z1-2, 5 km @ half-marathon pace, 3 km Z1-2  | Run 5 km Z1-2  | Run 3 km Z1-2, 3x2 min @ half-marathon pace, 3 km Z1-2                                       | Rest   | Saturday - Run 6 km Z1-2, 3 x 100 m sprints scattered | Long Run 16 km Z1-2, last 3 km Z3   |