



TRAINING PLAN HALF MARATHON / MARATHON

Sport:	Running
Level:	Active runner
Duration:	12 Weeks
Target:	Half marathon / marathon
Activities include:	Endurance running, intervals

▶ WEEK 1 – 2

	1 x Running	Duration: 60–75 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point
	1 x Jogging / Running	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 2 x 10 minutes at speed endurance level, heart rate 75–85 % of HR _{max} , 10 minutes of light running in between.
	1 x Running	Duration: 45 minutes at basic endurance level, heart rate 70–80 % of HR _{max} .

▶ WEEK 3 – 4

	1 x Running	Duration: 60–75 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 2 x 15 minutes at speed endurance level, heart rate 75–85 % of HR _{max} , 10 minutes of light running in between.
	1 x Running	Duration: 45 minutes at basic endurance level, heart rate 60–70 % of HR _{max} . Includes: two times relax 1min speed up
	1 x Running / Walking	Duration: 90–120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} , (15 min of running, 5 min of walking, 15 min of running, 5 min of walking etc.)

■ Very hard
90-100%

■ Hard
80-90%

■ Moderate
70-80%

■ Light
60-70%

■ Very light
50-60%



▶ **WEEK 5-6**

	1 x Running	Duration: 60–75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 30 minutes at speed endurance level, heart rate 75–85 % of HR _{max} . Speed endurance only after 20 minutes of easy running!
	1 x Running	Duration: 45 minutes at basic endurance level, heart rate 70–80 % of HR _{max} .
	1 x Running / Walking	Duration: 120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} , (20 min of running, 5 min of walking, 20 min of running, 5 min of walking etc.)

▶ **WEEK 7–8**

	1 x Running	Duration: 60–75 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 80–90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 3 x 10 minutes at speed endurance level, heart rate 80–90 % of HR _{max} , 5 minutes light running in between.
	1 x Power walking	Duration: 60–75 minutes at basic endurance level, heart rate 50–70 % of HR _{max} .
	1 x Running	Duration: 120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} .

■ Very hard
90-100%

■ Hard
80-90%

■ Moderate
70-80%

■ Light
60-70%

■ Very light
50-60%



▶ **WEEK 9 – 10**

	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 75–90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 45 minutes at speed endurance level, heart rate 75–90 % of HR _{max} . Speed endurance on after 20 minutes of easy running!
	1 x Power walking	Duration: 60 minutes at basic endurance level, heart rate 70–80 % of HR _{max} .
	1 x Running / Walking	Duration: 120 minutes of running + 30–45 minutes of walking at basic endurance level, heart rate 50–70 % of HR _{max} .

▶ **WEEK 11 EASY WEEK (IF TIRED, ONLY 2 SESSIONS)**

	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 60–70 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 3 x 5 minutes at speed endurance level, heart rate 70–85 % of HR _{max} , 5 minutes of light running in between
	1 x Power walking	Duration: 60–75 minutes at basic endurance level, heart rate 50–70 % of HR _{max} .

■ Very hard
90-100%

■ Hard
80-90%

■ Moderate
70-80%

■ Light
60-70%

■ Very light
50-60%



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▶ WEEK 12 (GETTING READY)

Moderate	1 x Running (Tuesday)	Duration: 30–40 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
Moderate	1 x Running (Thursday)	Duration: 30–40 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 5 minutes of running a little bit over marathon speed.
Very light	1 x Running (Saturday)	Half marathon / Marathon

Very hard
90-100%

Hard
80-90%

Moderate
70-80%

Light
60-70%

Very light
50-60%