

TRAINING PLAN MARATHONS

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Sport : Running







Level: Target oriented runner

Target: Half marathon / marathon





Duration: 12 weeks






Content: Endurance running, intervals, Training with GPS.
In all these exercises, it's essential to monitor your heart rate versus your running speed.
Do not accelerate your running pace to fast, but do it gradually and at the same time consider your heart rate level.

WEEK 1 – 2

	1 x Running	Duration: 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: 60 minutes at basic endurance level, heart rate 65–75 % of HR _{max} . Includes: 2 x 15 minutes at speed endurance level, heart rate 80–90 % of HR _{max} , Monitor what is your running pace within the targeted heart rate zone
		10 minutes of light running in between.
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 70–80 % of HR _{max} . Includes: 3 times relax 1 min speed ups/ 3 min recovery in between
	1 x Power walking	Duration: 75–90 minutes light walking with or without ski poles, heart rate 50–65 % of HR _{max} .
	1 x Running	Duration: 105–120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} . Monitor what is your running pace within the targeted heart rate zone

WEEK 3 – 4

	1 x Running	Duration: 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 20 minutes at speed endurance level, heart rate 80–90 % of HR _{max} , Run intervals with the same running pace than runs in training week 1 and 2 and compare if your heart rate is in any lower level.
		5 minutes of light running in between.
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 65–75 % of HR _{max} . Includes: few speed ups (about 3 times for 15 sec) Remember and write down what was your maximum running speed (this exercise helps you to improve your running style and develop your running speed reserve

 Very hard 90-100%
  Hard 80-90%
  Moderate 70-80%
  Light 60-70%
  Very light 50-60%

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	1 x Power walking	Duration: 75–90 minutes light walking with or without skiing poles, heart rate 50–65 % of HR _{max}
	1 x Running	Duration: 120 minutes at basic endurance level, heart rate 55–70 % of HR _{max}

WEEK 5 (EASY)

	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–70 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 20 minutes at speed endurance level, heart rate 80–90 % of HR _{max} . In this interval your running speed should be 10 sec. faster/km than in your running interval during week 3 and 4.
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .

WEEK 6–7 (HARDER WEEK)

	1 x Running	Duration: 90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 40 minutes at speed endurance level, heart rate 80–90 % of HR _{max} . Your running tempo is faster than your coming 1/2 marathon targeted running speed, monitor is your HR stays in target level 80-90% of your HRmax
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 70–80 % of HR _{max} . Includes: few speed ups (about 3 times for 15 sec).
	1 x Power walking	Duration: 75–90 minutes light walking with or without ski poles, heart rate 50–65 % of HR _{max}
	1 x Running	Duration: 135–150 minutes at basic endurance level, heart rate 55–70 % of HR _{max} . Monitor what is your running speed, Pace should be lower than your goal marathon race pace.

■ Very hard 90-100%
 ■ Hard 80-90%
 ■ Moderate 70-80%
 ■ Light 60-70%
 ■ Very light 50-60%

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WEEK 8 – 9

	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: 90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 3 x 15 minutes at speed endurance level, heart rate 80–90 % of HR _{max} . Run the 1st interval with your goal ½ marathon race pace then 2 nd and 3 rd interval 10-20 seconds faster/km than the 1 st and monitor if your heart rate stays in targeted level (80-90 from HR max) 5 minutes of light running in between
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 70–80 % of HR _{max} . Includes: few speed ups (about 3 times for 15 sec) Remember and write down your max. running speed (this exercise improves your running style and develop your running speed reserve)
	1 x Running	Duration: 120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} Monitor what is your running speed in said heart rate level, Running pace should be slower than marathon race pace

WEEK 10 (HARD WEEK)

	1 x Running (Monday)	Duration: 90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running (Tuesday)	Duration: 50 minutes at basic endurance level, heart rate 60–70 % of HR _{max} . Includes: few speed ups (about 3 times for 15 sec)
	1 x Running (Thursday)	Duration: 90 minutes, first 30-minute warm-up, heart rate 60–70 % of HR _{max} . After that 45-minute half marathon test, for the first 30 minutes heart rate 80–85 % of HR _{max} and for the last 15 minutes increasing speed. 15-minute cool down in the end. = Check out what was your running pace in targeted level (80–85 % of HR _{max}).
	1 x Power Walking (Friday)	Duration: 75–90 minutes light walking with or without ski poles, heart rate 50–65 % of HR _{max}
	1 x Running (Sunday)	Duration: 135–150 minutes at basic endurance level, heart rate 55–70 % of HR _{max} . Monitor what is your running speed. Target is that the running speed should have been improved from previous weeks 8 and 9.



Very hard
90-100%



Hard
80-90%



Moderate
70-80%







Light
60-70%





Very light
50-60%

WEEK 11 (EASY WEEK)

	1 x Running (Wednesday)	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 (Friday)	Duration: 60–70 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 20 minutes at speed endurance level, heart rate 75–85% of HR _{max} . 75-85 percentage of your max heart rate reserve is important when considering long runs such as ½ marathon. Even though 20 minutes interval training feels light and easy to run and you feel that you could run much faster, it's good keep in mind that ½ marathon is a quite a long run and thus do not change your goals to be too hard.
	1 x Running (Sunday)	Duration: 45 minutes at basic endurance level, heart rate 50–70 % of HR _{max} .

WEEK 12 (EASY WEEK)

	1 x Running (Tuesday)	Duration: 30–40 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running (Thursday)	Duration: 30–40 minutes at basic endurance level, heart rate 60–75% of HR _{max} . Includes: 10 minutes at marathon speed. Using Polar GPS it's easy to follow your racing pace targets
	1 x Running (Saturday)	Half marathon / Marathon



Very hard
90-100%



Hard
80-90%



Moderate
70-80%



Light
60-70%



Very light
50-60%