

12-WEEK HALF-MARATHON TRAINING PLAN

Name _____

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(200 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 8x(1.5' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 7 km Z2
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(300 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 10x(1.5' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 9 km Z2
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(400 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	TEMPO RUN Warm up: 1 km 10x(1' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 9 km Z2
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 4x(400 m Z4 200 m Z1) 3x(200 m Z4 100 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 10x(2' Z4 + 1' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 10 km Z2

Info

These colours show the type of sessions of the training plan for visual guidance

Training zones

	REST
	EASY RUNNING
	STRENGTH TRAINING
	SESSION AVAILABLE AT TANKTOPPERS FITNESS

	FARTLEK RUNNING
	INTERVAL RUNNING
	LONG RUN
	TEMPO RUN

Z1	Z2	Z3	Z4	Z5
50-60% MHR	60-70% MHR	70-80% MHR	80-90% MHR	90-100% MHR

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WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(200 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	TEMPO RUNNING Total: 7 km Z3-Z4	REST DAY Rest and Relax	LONG RUN Total: 12 km Z2
WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(300 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 8x(3' Z4 + 1.5' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 14 km Z2
WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 5x(400 m Z4 200 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	TEMPO RUN Total: 8km	REST DAY Rest and Relax	LONG RUN Total: 16 km Z2
WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	INTERVAL RUNNING Warm up: 1 km 4x(400 m Z4 200 m Z1) 3x(200 m Z4 100 m Z1) Cool down: 1 km 	STRENGTH TRAINING Strength workout 	FARTLEK RUNNING Warm up: 1 km 8x(3' Z4 + 1.5' Z2) Cool down: 1 km	REST DAY Rest and Relax	LONG RUN Total: 18 km Z2

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Training zones

	REST		FARTLEK RUNNING	Z1	Z2	Z3	Z4	Z5
	EASY RUNNING		INTERVAL RUNNING	50-60% MHR	60-70% MHR	70-80% MHR	80-90% MHR	90-100% MHR
	STRENGTH TRAINING		LONG RUN					
	SESSION AVAILABLE AT TANKTOPPERS FITNESS		TEMPO RUN					

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WEEK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	INTERVAL RUNNING	STRENGTH TRAINING	TEMPO RUN	REST DAY	LONG RUN
	Strength workout	Rest and Relax	Warm up: 1 km 5x(200 m Z4 200 m Z1) Cool down: 1 km	Strength workout	Total: 9 km Z3-Z4	Rest and Relax	Total: 16 km Z2
							
WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	INTERVAL RUNNING	STRENGTH TRAINING	FARTLEK RUNNING	REST DAY	LONG RUN
	Strength workout	Rest and Relax	Warm up: 1 km 5x(300 m Z4 200 m Z1) Cool down: 1 km	Strength workout	Warm up: 1 km 6x(3' Z4 + 1.5' Z2) Cool down: 1 km	Rest and Relax	Total: 14 km Z2
							
WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	INTERVAL RUNNING	STRENGTH TRAINING	TEMPO RUN	REST DAY	LONG RUN
	Strength workout	Rest and Relax	Warm up: 1 km 5x(400 m Z4 200 m Z1) Cool down: 1 km	Strength workout	Total: 7 km Z3-Z4	Rest and Relax	Total: 14 km Z2
							
WEEK 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	EASY RUN	REST DAY	REST DAY	ACTIVATION RUN	RACE DAY
	Strength workout	Rest and Relax	Total: 4 km Z2	Rest and relax	Rest and Relax	TOTAL: 4 km Z1	HAVE FUN and GOOD LUCK!!
							

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Training zones

	REST		FARTLEK RUNNING	Z1	Z2	Z3	Z4	Z5
	EASY RUNNING		INTERVAL RUNNING	50-60% MHR	60-70% MHR	70-80% MHR	80-90% MHR	90-100% MHR
	STRENGTH TRAINING		LONG RUN					
	SESSION AVAILABLE AT TANKTOPPERS FITNESS		TEMPO RUN					