MARATHON HANDBOOK

# 10K TO HALF MARATHON TRAINING PLAN : KM

| WEEK | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|---|
| 1 | | **Cross Training**<br>40-45 min | **Speed Workout**<br>Warm up 2-3 km<br>6 x 1000m at 5k pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>7 kms at an easy pace | **Rest** | **Threshold Workout**<br>Warm up 2 km<br>3 x 7 min at tempo pace with 90 sec rest<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>10 km at an easy pace |
| 2 | | **Cross Training**<br>40-45 min | **Speed Workout**<br>Warm up 2-3 km<br>1 x 1600m at 5k pace with 200m jog; 4 x 800m at 5k pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>7 kms at an easy pace | **Rest** | **Threshold Workout**<br>Warm up 2 km<br>2 x 10 min at tempo pace with 90 sec rest<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>11 km at an easy pace |
| 3 | | **Cross Training**<br>45 min | **Speed Workout**<br>Warm up 2-3 km<br>4 x 800m at 5k pace with 200m jog; 4 x 400m at mile pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>7 kms at an easy pace | **Rest** | **Tempo Run**<br>Warm up 2 km<br>20 min at tempo pace<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>12-13 km at an easy pace |
| 4 | | **Cross Training**<br>45 min | **Speed Workout**<br>Warm up 2-3 km<br>6 x 1000m at 5k pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>8 kms at an easy pace | **Rest** | **Tempo Run**<br>Warm up 2 km<br>25 min at tempo pace<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>10 km at an easy pace with last 3 km at goal half marathon pace |
| 5 | | **Cross Training**<br>45 min | **Speed Workout**<br>Warm up 2-3 km<br>3-4 x 1600m at 5k pace with 400m jog<br>Cool down 2-3 km | **Distance Run**<br>8 kms at an easy pace | **Rest** | **Tempo Run**<br>Warm up 2 km<br>25 min at tempo pace<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>15 km at an easy pace |
| 6 | | **Cross Training**<br>45-60 min | **Speed Workout**<br>Warm up 2-3 km<br>5x 1200m at 5k pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>10 kms at an easy pace | **Rest** | **Tempo Run**<br>Warm up 2 km<br>30 min at tempo pace<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>16 km at an easy pace |
| 7 | | **Cross Training**<br>45-60 min | **Speed Workout**<br>Warm up 2-3 km<br>6-8 x 600m at mile pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>11 kms at an easy pace | **Rest** | **Tempo Run**<br>Warm up 2 km<br>30 min at tempo pace<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>12-13 km at an easy pace with the last 5k at goal half marathon pace |
| 8 | | **Cross Training**<br>45-60 min | **Speed Workout**<br>Warm up 2-3 km<br>10 x 400m at mile pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>11 kms at an easy pace | **Rest** | **Tempo Run**<br>Warm up 2 km<br>30 min at tempo pace<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>17 km at an easy pace |
| 9 | | **Cross Training**<br>45-60 min | **Speed Workout**<br>Warm up 2-3 km<br>6 x 1000m at 5k pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>12-13 kms at an easy pace | **Rest** | **Tempo Run**<br>Warm up 2 km<br>40 min at tempo pace<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>19 km at an easy pace |
| 10 | | **Cross Training**<br>45-60 min | **Speed Workout**<br>Warm up 2-3 km<br>8x 800m at 5k pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>11 kms at an easy pace | **Rest** | **Tempo Run**<br>Warm up 2 km<br>2 x 10 min at tempo pace with 90 sec rest<br>Cool down 2 km | **Rest / Cross Training / Easy Run**<br>Rest, or<br>30 min cross training, or<br>Easy run 7-8 km with 4x 75m strides | **Long Run**<br>11 km at an easy pace |
| 11 | | **Cross Training**<br>30-45 min | **Speed Workout**<br>Warm up 2-3 km<br>4 x 800m at goal half marathon pace with 200m jog<br>Cool down 2-3 km | **Distance Run**<br>7-8 kms at an easy pace | **Rest** | **Easy Run**<br>20 min easy with 4 x 75m strides | **Race**<br>Half Marathon! | **Rest Day** |