<u>MARA</u>	THON HANDE	BUUK	15-WE	EK HALF	MARATHON	TRAINING	PLAN : KI
VEEK Dat		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cross Training 30 min	Interval Run Warm up: 5 min brisk	Distance Run 3 km	Rest Day	Threshold Workout Warm up: 1 km	Rest or Cross Training Rest or 20 min cross	Long Run 3 km
1	30 11111	walk	3 KIII		2 x 5 min at tempo	training	3 Kill
		5 x 1 min hard run, 90 sec jog			pace with 90 sec		
		Cool down: 5 min			recovery Cool down: 1 km		
	Cross Training	brisk walk Interval Run	Distance Run	Rest Day	Threshold Workout	Rest or Cross Training	Long Run
	30-45 min	Warm up: 2 km jog	5 km	nest buy	Warm up: 2 km	Rest or 20 min cross	5 km
2					5 x 3 min at tempo	training	
		10 x 1 min hard run, 60 sec jog			pace with 90 sec recovery		
		Cool down: 5 min jog			Cool down: 2 km		
	Cross Training 30-45 min	Speed Workout Warm up: 2-3 km	Distance Run 5 km	Rest Day	Threshold Workout Warm up: 2 km	Rest or Easy Run Rest or 7-8 km easy	Long Run 6.5 km
3	30-43 11111	10x 400m at 5k pace	3 KIII		5 x 4 min at tempo	Rest of 7-8 kill easy	0.5 KIII
		with 200m jog			pace with 90 sec recovery		
		Cool down: 2-3 km			Cool down: 2 km		
	Cross Training	Speed Workout	Distance Run	Rest Day	Threshold Workout	Rest or Easy Run Rest or 7-8 km easy +	Long Run
4	30-45 min	Warm up: 2-3 km	7 km		Warm up: 2 km	4 x 75m strides	8 km
7		6 x 800m at 5k pace with 200m jog			4 x 5 min at tempo pace with 90 sec		
		Cool down: 2-3 km			recovery Cool down: 2 km		
	Cross Training	Speed Workout	Distance Run	Rest Day	Threshold Workout	Rest or Easy Run	Long Run
	40-45 min	Warm up: 2-3 km	7 km		Warm up: 2 km	Rest or 7-8 km easy + 4 x 75m strides	10 km
5		6 x 1000m at 5k pace			3 x 7 min at tempo pace with 90 sec		
		with 200m jog			recovery		
	Cross Training	Cool down: 2-3 km Speed Workout	Distance Run	Rest Day	Cool down: 2 km Threshold Workout	Rest or Easy Run	Long Run
6	40-45 min	Warm up: 2-3 km	7 km		Warm up: 2 km	Rest or 7-8 km easy +	11 km
		1 x 1600m at 5k pace				4 x 75m strides	
•		with 200m jog; 4 x 800m at 5k pace with			2 x 10 min at tempo pace with 90 sec		
		200m jog			recovery		
	Cross Training	Cool down: 2-3 km Speed Workout	Distance Run	Rest Day	Cool down: 2 km Tempo Run	Rest or Easy Run	Long Run
						Rest or 7-8 km easy +	10 km with the last
	45 min	Warm up: 2-3 km	7 km		Warm up: 2 km	4 x 75m strides	at goal half maratho pace
7		4x 800m at 5k pace with 200m jog; 4 x					
		400m at mile pace			20 min tempo pace		
		with 200m jog Cool down: 2-3 km			Cool down: 2 km		
	Cross Training	Speed Workout	Distance Run	Rest Day	Tempo Run	Rest or Easy Run	Long Run
8	45 min	Warm up: 2-3 km	8 km		Warm up: 2 km	Rest or 7-8 km easy + 4 x 75m strides	12-13 km
•		6 x 1000m at 5k pace with 200m jog			25 min tempo pace		
		Cool down: 2-3 km			Cool down: 2 km		
	Cross Training	Speed Workout	Distance Run	Rest Day	Tempo Run	Rest or Easy Run Rest or 7-8 km easy +	Long Run
9	45 min	Warm up: 2-3 km 3-4 x 1600m at 5k	8 km		Warm up: 2 km	4 x 75m strides	15 km
		pace with 400m jog			30 min tempo pace		
	Cross Training	Cool down: 2-3 km Speed Workout	Distance Run	Rest Day	Cool down: 2 km Tempo Run	Rest or Easy Run	Long Run
	45 - 60 min	Warm up: 2-3 km	10 km	Rest Day	Warm up: 2 km	Rest or 7-8 km easy +	16 km
10	45 00 11111	5 x 1200m at 5k pace	10 KIII			4 x 75m strides	10 KIII
		with 200m jog			35 min tempo pace		
	Cross Training	Cool down: 2-3 km Speed Workout	Distance Run	Rest Day	Cool down: 2 km Tempo Run	Rest or Easy Run	Time Trial or Race
11	45 - 60 min	Warm up: 2-3 km	11 km	•	Warm up: 2 km	Rest or 7-8 km easy +	10k
		6-8 x 600m at mile			30 min tempo pace	4 x 75m strides	
		pace with 200m jog Cool down: 2-3 km			Cool down: 2 km		
	Cross Training	Speed Workout	Distance Run	Rest Day	Tempo Run	Rest or Easy Run	Long Run
	45 - 60 min	Warm up: 2-3 km	11 km		Warm up: 2 km	Rest or 7-8 km easy + 4 x 75m strides	16 km
12		10 x 400m at mile			40 min tempo pace		
		pace with 200m jog Cool down: 2-3 km			Cool down: 2 km		
	Cross Training	Speed Workout	Distance Run	Rest Day	Tempo Run	Rest or Easy Run	Long Run
13	45 - 60 min	Warm up: 2-3 km	12 km		Warm up: 2 km	Rest or 7-8 km easy + 4 x 75m strides	19 km
		6 x 1000m at 5k pace with 200m jog			40 min tempo pace		
		Cool down: 2-3 km			Cool down: 2 km		
	Cross Training	Speed Workout	Distance Run	Rest Day	Threshold Workout	Rest or Easy Run	Long Run
	45 - 60 min	Warm up: 2-3 km	11 km		Warm up: 2 km	Rest or 7-8 km easy + 4 x 75m strides	11 km
14		8 x 800m at 5k pace			2 x 10 min at tempo pace with 90 sec		
		with 200m jog			recovery		
	Cross Training	Cool down: 2-3 km Speed Workout	Easy Run	Rest Day	Cool down: 2 km Shake Out Run	Race	Rest Day
	30-40 min	Warm up: 2 km jog	7-8 km	•,	20 min + 4 x 75m	Half Marathon!	
15		4 x 800m at goal half			strides		
	İ	marathon pace with					
		200m jog					