

MARATHON HANDBOOK

1 HR 30 MIN HALF MARATHON TRAINING PLAN : KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	34 k
			7 k <i>RPE: 3-4</i>	5 k <i>4:12 / km</i>	45-60 mins	7 k <i>RPE: 3-4</i>	2 x 800m <i>RPE: 8-9</i>	8 k <i>RPE: 2-3</i>	
2		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Rest Day	Long Run	29 k
			7 k <i>RPE: 3-4</i>	5 k <i>4:12 / km</i>	45-60 mins	7 k <i>RPE: 3-4</i>	10 k <i>RPE: 2-3</i>		
3		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	43 k
			8 k <i>RPE: 3-4</i>	7 k <i>4:12 / km</i>	45-60 mins	8 k <i>RPE: 3-4</i>	3 x 800m <i>RPE: 8-9</i>	11 k <i>RPE: 2-3</i>	
4		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Rest Day	Long Run	31 k
			8 k <i>RPE: 3-4</i>	7 k <i>4:12 / km</i>	45-60 mins	8 k <i>RPE: 3-4</i>	8 k <i>RPE: 2-3</i>		
5		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	49 k
			10 k <i>RPE: 3-4</i>	7 k <i>4:12 / km</i>	45-60 mins	10 k <i>RPE: 3-4</i>	3 x 800m <i>RPE: 8-9</i>	13 k <i>RPE: 2-3</i>	
6		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	51 k
			10 k <i>RPE: 3-4</i>	7 k <i>4:12 / km</i>	45-60 mins	10 k <i>RPE: 3-4</i>	4 x 800m <i>RPE: 8-9</i>	15 k <i>RPE: 2-3</i>	
7		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	53 k
			10 k <i>RPE: 3-4</i>	7 k <i>4:12 / km</i>	45-60 mins	10 k <i>RPE: 3-4</i>	4 x 800m <i>RPE: 8-9</i>	16 k <i>RPE: 2-3</i>	
8		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	49 k
			10 k <i>RPE: 3-4</i>	7 k <i>4:12 / km</i>	45-60 mins	10 k <i>RPE: 3-4</i>	5 x 800m <i>RPE: 8-9</i>	11 k <i>RPE: 2-3</i>	
9		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	54 k
			10 k <i>RPE: 3-4</i>	7 k <i>4:12 / km</i>	45-60 mins	10 k <i>RPE: 3-4</i>	5 x 800m <i>RPE: 8-9</i>	16 k <i>RPE: 2-3</i>	
10		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	57 k
			10 k <i>RPE: 3-4</i>	7 k <i>4:12 / km</i>	45-60 mins	10 k <i>RPE: 3-4</i>	5 x 800m <i>RPE: 8-9</i>	19 k <i>RPE: 2-3</i>	
11		Rest Day	Training Run	Race Pace Run	Strength Training	Training Run	Intervals	Long Run	37 k
			7 k <i>RPE: 3-4</i>	5 k <i>4:12 / km</i>	45-60 mins	7 k <i>RPE: 3-4</i>	2 x 800m <i>RPE: 8-9</i>	11 k <i>RPE: 2-3</i>	
12		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	HALF	34 k
			5 k <i>RPE: 3-4</i>		5 k <i>RPE: 2-3</i>		3 k <i>RPE: 2-3</i>	21 k <i>RPE: 5</i>	