

MARATHON HANDBOOK

4 WEEK HALF MARATHON TRAINING PLAN: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training 30-45 min	Speed Workout Warm up 2-3km 10 x 400m at 5k pace with 200m jog Cool down 2-3km	Distance Run 11 km	Rest	Threshold Workout Warm up 1-2km 5 x 4 min at tempo pace with 90 sec rest Cool down 1km	Easy Run 7-8 km	Long Run 16 km
		Cross Training 45-60 min	Speed Workout Warm up 2-3km 6 x 1000m at 5k pace with 200m jog Cool down 2-3km	Distance Run 13 km	Rest	Threshold Workout Warm up 1-2km 2 x 10 min at tempo pace with 90 sec rest Cool down 1km	Easy Run 7-8km with 4 x 75m strides	Long Run 19 km
3		Cross Training 45-60 min	Speed Workout Warm up 2-3km 6 x 800m at 5k pace with 200m jog Cool down 2-3km	Distance Run 11 km	Rest	Threshold Workout Warm up 1-2km 20 min at tempo pace Cool down 1km	Easy Run 7-8km with 4 x 75m strides	Long Run 13 km
		Cross Training 30-40 min	Speed Workout Warm up 2k 4 x 800m at goal half marathon pace with 200m jog Cool down 2k	Easy Run 7-8 km	Rest	Shake Out 20 min with 4 x 75m strides	Race Half Marathon!	Rest