MARATHON HANDBOOK

5K TO HALF MARATHON TRAINING PLAN : KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training 30-45 min	Speed Workout Warm Up 2-3 km 10 x 400 m at 5k pace with 200m jog Cool down 2-3 km	Distance Run 5 km	Rest Day	Threshold Workout Warm up 1.5 km 5 x 4 min at tempo pace with 90 sec recovery Cool down 1.5 km	Rest or Easy Run 6-8 km	Long Run 6.5 km
2		Cross Training 30-45 min	Speed Workout Warm Up 2-3 km 6 x 800 m at 5k pace with 200m jog Cool down 2-3 km	Distance Run 6.5 km	Rest Day	Threshold Workout Warm up 1.5 km 4 x 5 min at tempo pace with 90 sec recovery Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 8 km
3		Cross Training 40-45 min	Speed Workout Warm Up 2-3 km 6 x 1000m at 5k pace with 200m jog Cool down 2-3 km	Distance Run 6.5 km	Rest Day	Threshold Workout Warm up 1.5 km 3 x 7 min at tempo pace with 90 sec recovery Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 9.5 km
4		Cross Training 40-45 min	Speed Workout Warm Up 2-3 km 1 x 1600 m at 5k pace with 200m jog; 4 x 800 at 5k pace with 200m jog Cool down 2-3 km	Distance Run 6.5 km	Rest Day	Tempo Run: Warm up 1.5 km 20 min tempo pace Cool down 1.5 km	Rest or Easy Run 6-8 km	Long Run 10 km
5		Cross Training 45 min	Speed Workout Warm Up 2-3 km 4 x 800 m at 5k pace with 200m jog; 4 x 400m at mile pace with 200m jog Cool down 2-3 km	Distance Run 6.5 km	Rest Day	Tempo Run: Warm up 1.5 km 25 min tempo pace Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 9.5 km with the last 3 km at goal hald marathon pace
6		Cross Training 45 min	Speed Workout Warm Up 2-3 km 6 x 1000m at 5k pace with 200m jog Cool down 2-3 km	Distance Run 8 km	Rest Day	Tempo Run: Warm up 1.5 km 30 min tempo pace Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 13 km
7		Cross Training 45 min	Speed Workout Warm Up 2-3 km 3-4 x 1600m at 5k pace with 400m jog Cool down 2-3 km	Distance Run 8 km	Rest Day	Tempo Run: Warm up 1.5 km 35 min tempo pace Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 14.5 km
8		Cross Training 45 - 60 min	Speed Workout Warm Up 2-3 km 5 x 1200 m at 5k pace with 200m jog Cool down 2-3 km	Distance Run 9.5 km	Rest Day	Tempo Run: Warm up 1.5 km 30 min tempo pace Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 16 km
9		Cross Training 45 - 60 min	Speed Workout Warm Up 2-3 km 6-8 x 600m at mile pace with 200m jog Cool down 2-3 km	Distance Run 11 km	Rest Day	Tempo Run: Warm up 1.5 km 40 min tempo pace Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Time Trail 10k time trial or race
10		Cross Training 45 - 60 min	Speed Workout Warm Up 2-3 km 10x 400m at mile pace with 200m jog Cool down 2-3 km	Distance Run 11 km	Rest Day	Tempo Run: Warm up 1.5 km 40 min tempo pace Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 16 km
11		Cross Training 45 - 60 min	Speed Workout Warm Up 2-3 km 6 x 1000m at 5k pace with 200m jog Cool down 2-3 km	Distance Run 12 km	Rest Day	Threshold Workout Warm up 1.5 km 2 x 10 min at tempo pace with 90 sec recovery Cool down 1.5 km	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 19 km
12		Cross Training 45 - 60 min	Speed Workout Warm Up 2-3 km 8 x 800m at 5k pace with 200m jog Cool down 2-3 km	Distance Run 11 km	Rest Day	Shake Out Run 20 min + 4 x 75m strides	Rest or Easy Run 6-8 km + 4 x 75m strides	Long Run 11 km
13		Cross Training 30-40 min	Speed Workout Warm up 2 km 4 x 800 at goal half marathon pace with 200m jog Cool down 1 km	Easy Run 6-8 km	Rest Day	Shake Out Run 20 min + 4 x 75m strides	Race **Half Marathon!**	Rest Day