

MARATHON HANDBOOK

COUCH TO HALF MARATHON TRAINING PLAN : KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage		
1		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Rest Day	Long Run	Around 9k	5K PHASE	
			10 x 2 min walk 1 min run		10 x 2 min walk 1 min run			2.5k (walk if needed)			
		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Walk / Run	Long Run			Around 13k
			15 x 1 min walk 1 min run		15 x 1 min walk 1 min run		15 x 1 min walk 1 min run	3k (walk if needed)			
Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Walk / Run	Long Run	Around 15k				
	15 x 0.5 min walk 1.5 min run		15 x 0.5 min walk 1.5 min run		15 x 0.5 min walk 1.5 min run	4k (walk if needed)					
Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Rest Day			Around 13k			
	10 x 1 min walk 2 min run		10 x 1 min walk 2 min run		45-60 mins	5 k					
5		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training		Long Run	17 k	10K PHASE
			4 k RPE: 3-4	3 k RPE: 3-4		4 k RPE: 3-4	45-60 mins		6 k RPE: 2-3		
6		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	18 k		
			4 k RPE: 3-4	3 k RPE: 3-4		4 k RPE: 3-4	45-60 mins	7 k RPE: 2-3			
7		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	25 k		
			5 k RPE: 3-4	7 k RPE: 3-4		5 k RPE: 3-4	45-60 mins	8 k RPE: 2-3			
8		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training		27 k		
			5 k RPE: 3-4	7 k RPE: 3-4		5 k RPE: 3-4	45-60 mins	10 k			
9		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	25 k		
			5 k RPE: 3-4	7 k RPE: 3-4		5 k RPE: 3-4	45-60 mins	8 k RPE: 2-3			
10		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	28 k		
			5 k RPE: 3-4	7 k RPE: 3-4		5 k RPE: 3-4	45-60 mins	11 k RPE: 2-3			
11		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	34 k		
			7 k RPE: 3-4	8 k RPE: 3-4		7 k RPE: 3-4	45-60 mins	12 k RPE: 2-3			
12		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	32 k		
			7 k RPE: 3-4	8 k RPE: 3-4		7 k RPE: 3-4	45-60 mins	10 k RPE: 2-3			
13		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	40 k		
			7 k RPE: 3-4	8 k RPE: 3-4		7 k RPE: 3-4	45-60 mins	18 k RPE: 2-3			
14		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	39 k		
			7 k RPE: 3-4	10 k RPE: 3-4		7 k RPE: 3-4	45-60 mins	15 k RPE: 2-3			
15		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	Half Marathon	34 k	HALF MARATHON PHASE	
			5 k RPE: 3-4		5 k RPE: 2-3		3 k RPE: 2-3	21.1 k RPE: 2-3			