

# 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)		
3		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)		
4		Rest Day	Walk / Run	Rest Day	Walk / Run	Strength Training	Rest Day	5 k	Around 13k	
			10 x 1 min walk 2 min run		10 x 1 min walk 2 min run					45-60 mins
5		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	17 k	
			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	10 k	27 k	
			5 k RPE: 3-4	7 k RPE: 3-4		5 k RPE: 3-4	45-60 mins			
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	37 k	
			7 k RPE: 3-4	8 k RPE: 3-4		7 k RPE: 3-4	45-60 mins	15 k RPE: 2-3		
14		Rest Day	Training Run	Training Run	Rest Day	Training Run	Strength Training	Long Run	41 k	
			7 k RPE: 3-4	10 k RPE: 3-4		7 k RPE: 3-4	45-60 mins	17 k RPE: 2-3		
15		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	Half Marathon	34 k	
			5 k RPE: 3-4		5 k RPE: 2-3		3 k RPE: 2-3	21.1 k RPE: 2-3		

5K PHASE

10K PHASE

HALF MARATHON PHASE