

TRAINING PLAN

HALF MARATHON / MARATHON

1 / 4



Sport : Running
 Level: Active runner
 Target: Half marathon / marathon
 Duration: 12 weeks
 Content: Endurance running, intervals, Training with GPS.
 In all these exercises, it's essential to monitor your heart rate versus your running speed. Do not accelerate your running pace to fast, but do it gradually and at the same time consider your heart rate level.

WEEK 1 – 2

	1 x Running	Duration: 60–75 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point
	1 x Jogging / Running	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 2 x 10 minutes at speed endurance level, heart rate 75–85 % of HR _{max} , 10 minutes of light running in between. Monitor what is your running pace within the targeted heart rate zone.
	1 x Running	Duration: 45 minutes at basic endurance level, heart rate 70–80 % of HR _{max} .






WEEK 3 – 4

	1 x Running	Duration: 60–75 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 2 x 15 minutes at speed endurance level, heart rate 75–85 % of HR _{max} , Run intervals with the same running pace than you did in training week 1 and 2 and compare if your heart rate is in any lower level. 10 minutes of light running in between.
	1 x Running	Duration: 45 minutes at basic endurance level, heart rate 60–70 % of HR _{max} . Includes: two times relax 1min speed up 1 min relaxing speed up run is followed by your race pace run which you accelerate up to maximum (full) speed. This kind of tempo exercise helps you to improve your running speed reserve which is essential element for long runs.
	1 x Running / Walking	Duration: 90–120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} , (15 min of running, 5 min of walking, 15 min of running, 5 min of walking etc.) Observe what is your running pace with compared to your heart rate level.






■ Very hard 90-100%
 ■ Hard 80-90%
 ■ Moderate 70-80%
 ■ Light 60-70%
 ■ Very light 50-60%






>> Check [Polar Training Plan Bank](#) for more training plans

WEEK 5-6

	1 x Running	Duration: 60–75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Few accelerations can be done at an easy point.
 	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 30 minutes at speed endurance level, heart rate 75–85 % of HR _{max} . Run first 15 minutes with the same running pace than you did in week 3 and 4, then last 15 minutes add running pace gradually but please keep your training intensity below 85% of your maximum heart rate. Speed endurance only after 20 minutes of easy running!
	1 x Running	Duration: 45 minutes at basic endurance level, heart rate 70–80 % of HR _{max} .
	1 x Running / Walking	Duration: 120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} . (20 min of running, 5 min of walking, 20 min of running, 5 min of walking etc.)

WEEK 7-8

	1 x Running	Duration: 60–75 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
 	1 x Running	Duration: 80–90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 3 x 10 minutes at speed endurance level, heart rate 80–90 % of HR _{max} , = monitor your heart rate and result if your running pace has got any better (do your exercise on a flat course, if possible)) 5 minutes light running in between.
	1 x Power walking	Duration: 60–75 minutes at basic endurance level, heart rate 50–70 % of HR _{max} .
	1 x Running	Duration: 120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} . Observe what is your running pace and survey if your running speed has been improved from the weeks 3 and 4 runs within same HR-zone.

 Very hard 90-100%
  Hard 80-90%
  Moderate 70-80%
  Light 60-70%
  Very light 50-60%

WEEK 9 – 10



	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 75–90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 45 minutes at speed endurance level, heart rate 75–90 % of HR _{max} . Run every kilometer 10 sec faster than your goal ½ marathon race pace is and check what is your average heart rate level (%) compared to your HR _{max} . Speed endurance on after 20 minutes of easy running!
	1 x Power walking	Duration: 60 minutes at basic endurance level, heart rate 70–80 % of HR _{max} .
	1 x Running / Walking	Duration: 120 minutes of running + 30–45 minutes of walking at basic endurance level, heart rate 50–70 % of HR _{max} .


WEEK 11 EASY WEEK (IF TIRED, ONLY 2 SESSIONS)

	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 60–70 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 3 x 5 minutes at speed endurance level, heart rate 70–85 % of HR _{max} . Monitor what is your running pace in said HR-level. Last interval is a bit faster than your race pace at ½ maratón
	1 x Power walking	Duration: 60–75 minutes at basic endurance level, heart rate 50–70 % of HR _{max} .


Very hard 90-100%
 Hard 80-90%
 Moderate 70-80%
 Light 60-70%
 Very light 50-60%

WEEK 12 (GETTING READY)


	1 x Running (Tuesday)	Duration: 30–40 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running (Thursday)	Duration: 30–40 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 5 minutes of running a little bit over marathon speed.
	1 x Running (Saturday)	Half marathon / Marathon First 10 minutes, keep your running pace a bit slower than your goal marathon race pace and gradually increase your running speed to your target level. Ensure to check your heart rate level time to time so that your running speed is not too high.

 Very hard
90-100%

 Hard
80-90%

 Moderate
70-80%

 Light
60-70%

 Very light
50-60%