

## **4-months half marathon running plan for advanced (Estimated time 1:35 – 1:38)**

**Before starting the training plan, I would like to draw your attention to a few facts.**

**This training plan is general. Everyone is unique and everyone needs a different approach.**

**The plan is designed for a fit (healthy) person determined to work on the running form.**

**I wish you all the best, good health, strength and determination on the path to achieving your goals.**

***Romana Komárňanská, Bratislava Marathon Team coach***

### **1-week training schedule (27.04. – 03.05.2020)**

Monday: 8k (easy run, aerobic mode)

Tuesday: rest

Wednesday: J 2k, main part: 12x120m faster run uphill P: easy run downhill, RR 2k,

Thursday: 10k easy run

Friday: rest

Saturday: rest

Sunday: 12k easy run

### **2-week training schedule (04.05. – 10.05.2020)**

Monday: rest

Tuesday: 10k easy run

Wednesday: J 2k, main part: 10x200m, P: 2 minutes, RR 2k, summary 6k

Thursday: rest

Friday: 6k easy run, at the end 10x60m faster run

Saturday: J 1k, 5x80m faster run, main part: run 8k (4:40) RR 1k

Sunday: 11k easy run



05. - 06. SEPTEMBER 2020



### 3-week training schedule (11.05. – 17.05.2020)

Monday: 8k easy run

Tuesday: rest

Wednesday: J 2k, main part: 8x300m P: 2 minutes, RR 2k, summary 6,4k

Thursday: 8k easy run

Friday: rest

Saturday: J 1k, tempo run 7k, RR 1k, summary 9k

Sunday: 14k easy trail run

### 4-week training schedule (18.05. – 24.05.2020)

Monday: rest

Tuesday: 12k easy run

Wednesday: rest

Thursday: J 2k, 5x1k (4:15) P: 2:30, RR 2k, summary 9k

Friday: 6k easy run

Saturday: rest

Sunday: 15k easy run

### 5-week training schedule (25.05. – 31.05.2020)

Monday: 7k easy run

Tuesday: rest

Wednesday: J 2k, 3x (200m (42s), 300m (1:10,400m (1:35), P: 2:30, RR 2k, summary 6,7k

Thursday: rest

Friday: 6k easy run, at the end 10x100m faster run with jogging 100m, summary 8k

Saturday: rest





05. - 06. SEPTEMBER 2020



Sunday: J 1k, tempo run 10k (4:35), RR 1k, summary 8k

### 6-week training schedule (01.06. – 07.06.2020)

Monday: rest

Tuesday: 8k easy run

Wednesday: rest

Thursday: J 1,5k, main part: 8x600m P: 2:30, RR 1,5k, summary 7,8k

Friday: 7k easy run

Saturday: rest

Sunday: 14k easy run

### 7-week training schedule (08.06. – 14.06.2020)

Monday: rest

Tuesday: 7k easy run, 10x70m faster run

Wednesday: 10k easy run

Thursday: rest

Friday: J 2,5k, main part: 8x250m faster run uphill, P: easy run downhill 250m, RR 2,5k

Saturday: rest

Sunday: 16k easy run (fartlek)

### 8-week training schedule (15.06. – 21.06.2020)

Monday: rest

Tuesday: 12k easy run (fartlek)

Wednesday: rest

Thursday: J 2k, 3x1k (4:00), P: 2 minutes, 3x500m (1:55) P: 1:50, RR 2k

Friday: rest

Saturday: J 2k, 10x150m faster run, RR 2k





05. - 06. SEPTEMBER 2020



Sunday: 20k easy run

### 9-week training schedule (22.06. – 28.06.2020)

Monday: 8k (75% of max.HR)

Tuesday: rest

Wednesday: 10k (80% of max. HR)

Thursday: rest

Friday: J 3k, and then 5x100m faster run with jogging 100m, 5x200m faster run with jogging 100m, 5x100m faster run with jogging 100m, RR 2k, summary 8,5k

Saturday: rest

Sunday: 13k (5:00)

### 10-week training schedule (29.06. – 05.07.2020)

Monday: rest

Tuesday: 8k (5:15), at the end 10x100m faster run with jogging 100m, summary 10k

Wednesday: J 2k, main part: 3x2k (8:40) P: 3 minutes, RR 2k summary 10k

Thursday: rest

Friday: 10k (5:00)

Saturday: rest

Sunday: J 2k, main part: 12k (4:40) RR 2k, summary 16k

### 11-week training schedule (06.07. – 12.07.2020)

Monday: 10k easy run (5:30)

Tuesday: rest

Wednesday: J 2k, main part 6x400m (1:30) P: 2:30, 2x1k (4:15) P: 3minutes, RR 2k, summary 8,4k

Thursday: rest





05. - 06. SEPTEMBER 2020



Friday: rest

Saturday: 4k easy run, at the end 10x60m faster run, summary 5k

Sunday: 18k (5:10) long run

### **12-week training schedule (13.07. – 19.07.2020)**

Monday: rest

Tuesday: 10k (75% of max. HR)

Wednesday: J 1k, 6x1k (4:10) P: 2 minutes, RR 1k, summary 8k

Thursday: 6k easy run

Friday: J 1k, tempo run 10k (4:40) RR 1k, summary 12k

Saturday: rest

Sunday: 20k free long run

### **13-week training schedule (20.07. – 26.07.2020)**

Monday: rest

Tuesday: 8k (80% of max. HR)

Wednesday: 10k (75% of max. HR), and then 10x100m faster run with jogging 100m, summary 12k

Thursday: J 2k, 5x200m (48s) P: 1:30, 5x300m (1:12/1:14) P: 2 minutes, RR 2k, summary 6,5k

Friday: rest

Saturday: J 1,5k, main part: 12k (4:35) RR 1,5k, summary 15k

Sunday: 16k (5:00)

### **14-week training schedule (27.07. – 02.08.2020)**

Monday: rest

Tuesday: 5k easy run, at the end 10x100m with jogging 100m, summary 7k





05. - 06. SEPTEMBER 2020



Wednesday: 14k (75% of max. HR)

Thursday: rest

Friday: J 1,5k, main part: 1x6k (4:30) P: 4 minutes, 1x3k (13 minutes) 1x1k (4:10),  
RR 1,5k, summary 12

Saturday: rest

Sunday: J 1k, 15k (4:50), RR 1k, summary 17k

### 15-week training schedule (03.08. – 09.08.2020)

Monday: 8k easy run

Tuesday: rest

Wednesday: J 1,5k, 1x2k (8:30) P: 3 minutes, 2x1k (4:10) P: 2 minutes, 2x500m (2:00)  
RR 1,5k, summary 8k

Thursday: rest

Friday: rest

Saturday: 6k easy run, at the end 10x100m faster run with jogging 100m,  
summary 8k

Sunday: 23k free long run

### 16-week training schedule (10.08. – 16.08.2020)

Monday: rest

Tuesday: 6k easy run, 10x150m faster run

Wednesday: J 2k, main part: 4x2k (4:20) P: 2:30, RR 2k

Thursday: 14k easy run

Friday: J 2k, 10x100m faster run with jogging 100m, V 2k

Saturday: J 2k, main part: 12k (4:25) P: 3 minutes, 2x1k (4:10) P: jogging 500m, RR 2k

Sunday: rest





05. - 06. SEPTEMBER 2020



### 17-week training schedule (17.08. – 23.08.2020)

Monday: 8k easy run, 10x80m faster run

Tuesday: J 1k, main part: 8k (4:20) P: 3 minutes, 5x200m (40s) P: 1:15, RR 1k

Wednesday: 13k free long run

Thursday: rest

Friday: J 3k, 10x120m faster run, RR 3k

Saturday: 22k free long run

Sunday: rest

### 18-week training schedule (24.08. – 30.08.2020)

Monday: 10k easy run, at the end faster run 10x100m

Tuesday: rest

Wednesday: J 2k, main part: 5x1k (4:05) P: 2 minutes, RR 2k

Thursday: 10k easy run

Friday: rest

Saturday: 15k (5:00)

Sunday: 8k easy run

### 19-week training schedule (31.08. – 06.09.2020)

Monday: 7k (5:15)

Tuesday: J 1,5k, 5x500m (2:00) P: 2 minutes, RR 1,5k, summary 5,5k

Wednesday: 5k

Thursday: rest

Friday: rest

Saturday: 4k easy run, at the end 6x100m faster run, summary 5k

**Sunday: HALF MARATHON (06.09.2020)**





05. - 06. SEPTEMBER 2020



HR / heart rate

J / jogging

R / recovery run

P / pause

