

4-months half marathon training plan for beginners

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: 5k easy run, improving aerobic capacity

Tuesday: rest

Wednesday: 6k easy run, improving aerobic capacity

Thursday: rest

Friday: 7k easy run

Saturday: rest

Sunday: 8k easy run

2-week training schedule (04.05. – 10.05.2020)

Monday: rest

Tuesday: 4k easy run, faster run 10x150m jogging 100m, RR 4k

Wednesday: 7k easy run

Thursday: rest

Friday: 8k easy run

Saturday: rest



05. - 06. SEPTEMBER 2020



Sunday: 10k easy run

3-week training schedule (11.05. – 17.05.2020)

Monday: 7k easy run

Tuesday: rest

Wednesday: rest

Thursday: 10k easy run

Friday: 7k easy run

Saturday: rest

Sunday: 11k easy run

4-week training schedule (18.05. – 24.05.2020)

Monday: 5k easy run, at the run faster run 10x80m

Tuesday: rest

Wednesday: 7k easy run

Thursday: 6k easy run

Friday: rest

Saturday: 10k easy run

Sunday: rest

5-week training schedule (25.05. – 31.05.2020)

Monday: rest

Tuesday: 3k easy run, 8x200m faster run with jogging 100m, RR 3k

Wednesday: 8k easy run

Thursday: rest

Friday: 6k easy run

Saturday: rest



Sunday: 12k easy run

6-week training schedule (01.06. – 07.06.2020)

Monday: 6k easy run, 10x100m faster run

Tuesday: J 2k, main part: 12x200m (55s) P: 1:40, RR 2k

Wednesday: 8k easy run

Thursday: rest

Friday: rest

Saturday: 10k easy trail run

Sunday: 8k easy run

7-week training schedule (08.06. – 14.06.2020)

Monday: rest

Tuesday: J 3k, 10x120 faster run uphill, P: easy run downhill 120m, RR 3k

Wednesday: 8k easy run

Thursday: rest

Friday: 5k easy run, 10x70m faster run

Saturday: rest

Sunday: 11k easy run

8-week training schedule (15.06. – 21.06.2020)

Monday: rest

Tuesday: 8k easy run, 10x100m faster run

Wednesday: J 2k, main part: 8x300m (1:20) P: 1:50, RR 2k

Thursday: 7k easy run

Friday: rest

Saturday: 2,5k easy run, 5x100, 5x200m, 5x100m faster run, RR 2,5k



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Sunday: 13k easy trail run

9-week training schedule (22.06. – 28.06.2020)

Monday: rest

Tuesday: 10k easy run

Wednesday: 7k easy run, 10x100m faster run

Thursday: rest

Friday: rest

Saturday: 8k easy run

Sunday: 14k easy run

10-week training schedule (29.06. – 05.07.2020)

Monday: 6k easy run

Tuesday: rest

Wednesday: 8k easy run

Thursday: rest

Friday: 6k easy run

Saturday: rest

Sunday: 15k easy run

11-week training schedule (06.07. – 12.07.2020)

Monday: rest

Tuesday: 6k easy run

Wednesday: 6k (80% of max. HR)

Thursday: rest

Friday: 3k easy run, 10x100m faster run with jogging 100m, 3k easy run, summary 8k

Saturday: rest





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Sunday: 10k easy run

12-week training schedule (13.07. – 19.07.2020)

Monday: rest

Tuesday: J 2k, 2x2k (12:00) P: 2 minutes, RR 2k, summary 8k

Wednesday: 7k easy run

Thursday: rest

Friday: rest

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

Sunday: 14k easy run

13-week training schedule (20.07. – 26.07.2020)

Monday: rest

Tuesday: 7k easy run, at the run 10x70m faster run

Wednesday: rest

Thursday: J 1,5k, 5x1k (5:30) P: 2 minutes, RR 1,5k, summary 8k

Friday: 6k easy run

Saturday: rest

Sunday: 15k free long run

14-week training schedule (27.07. – 02.08.2020)

Monday: rest

Tuesday: 8k easy run

Wednesday: rest

Thursday: 3k easy run, 10x120m faster run with jogging 100m, RR 2k

Friday: 10k (6:00 avg.temp/k)

Saturday: rest



Sunday: 17k free long run

15-week training schedule (03.08. – 09.08.2020)

Monday: rest

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

Wednesday: 6,5k easy run

Thursday: rest

Friday: 17k free long run

Saturday: rest

Sunday: 12k (5:55- avg.tempo/k)

16-week training schedule (10.08. – 16.08.2020)

Monday: 5k easy run

Tuesday: rest

Wednesday: J 1,5k, 1x2k (11:50) P: 3 minutes, 2x1k (5:20) P: 2 minutes, 2x200m (52s)
P: 1:30, RR 1,5k, summary 7,4k

Thursday: rest

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

Saturday: rest

Sunday: J 1,5k, main part: 10k (5:45- avg.tempo/k), RR 2k

17-week training schedule (17.08. – 23.08.2020)

Monday: rest

Tuesday: 8k easy run, at the run 10x80m faster run

Wednesday: J 2k, main part: 3x2k (5:20) P: 3 minutes, RR 2k

Thursday: rest

Friday: 4k easy run, 10x100m faster run



05. - 06. SEPTEMBER 2020



Saturday: 18k long run

Sunday: rest

18-week training schedule (24.08. – 30.08.2020)

Monday: 10k easy run

Tuesday: rest

Wednesday: J 1,5k, main part: 5x1k (5:10) P: 2:30, RR 2k

Thursday: 7k easy run

Friday: rest

Saturday: 5k easy run, at the run 10x80m faster run

Sunday: 14k easy run

19-week training schedule (31.08. – 06.09.2020)

Monday: rest

Tuesday: J 2k, 4x500m (2:35) P: 2 minutes, RR 2k, summary 6k

Wednesday: 5,5k easy run

Thursday: rest

Friday: rest

Saturday: 3k easy run, at the run 6x100m faster run, summary 4k

Sunday: HALFMARATHON (06.09.2020)

HR / heart rate

J / jogging

R / recovery run

P / pause

AVG / average

