

12 weeks to
 $\frac{1}{2}$ MARATHON

DAREBEE

$\frac{1}{2}$ MARATHON TRAINING

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14 climbers



14 shoulder taps



14 plank rotations

DAY 1
WEEK 1

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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DAY 2
WEEK 1

15 minutes run
target distance: 2M / 3K

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14 calf raises



10-count hold



14 squats

DAY 3
WEEK 1

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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DAY 4
WEEK 1

25 minutes run
target distance: 3M / 5K

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10 leg raises



10-count hold



10 sit-ups

DAY 5
WEEK 1

Level I 3 sets

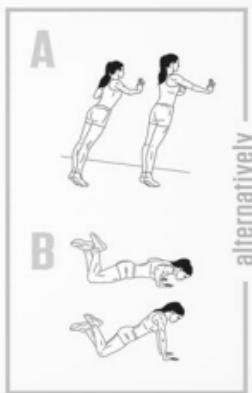
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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maximum push-ups

Level I 3 sets

Level II 4 sets

Level III 5 sets

30 seconds rest between sets

**DAY 6
WEEK 1**

½ MARATHON TRAINING

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**DAY 7
WEEK 1**

30 minutes run
target distance: 4M / 6K

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14 shoulder taps

7 up & down planks

10-count hold

**DAY 8
WEEK 2**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 9
WEEK 2**

15 minutes run
target distance: 2M / 3K

$\frac{1}{2}$ MARATHON TRAINING

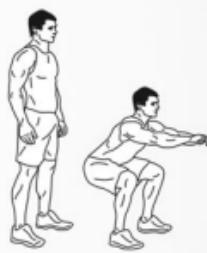
© darebee.com



14 calf raises



14 lunges



14 squats

**DAY 10
WEEK 2**

Level I 3 sets

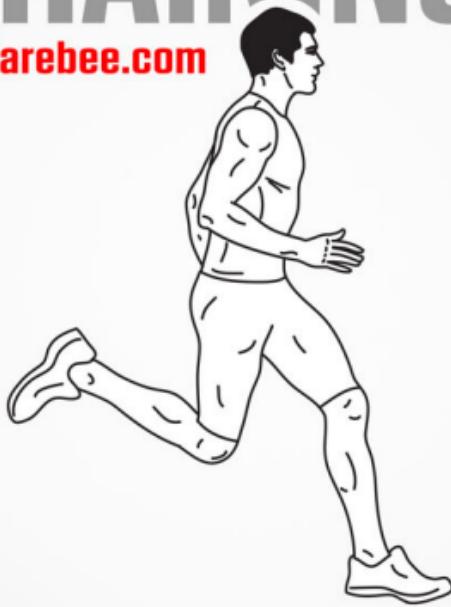
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

$\frac{1}{2}$ MARATHON TRAINING

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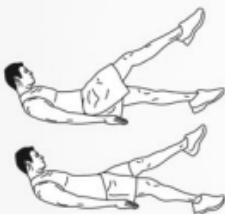


**DAY 11
WEEK 2**

25 minutes run
target distance: 3M / 5K

1/2 MARATHON TRAINING

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10 flutter kicks



10 leg circles



10 high crunches

**DAY 12
WEEK 2**

Level I 3 sets

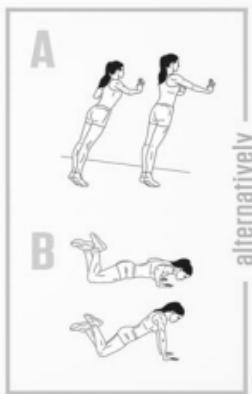
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

$\frac{1}{2}$ MARATHON TRAINING

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maximum push-ups

Level I 3 sets

Level II 4 sets

Level III 5 sets

30 seconds rest between sets

**DAY 13
WEEK 2**

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DAY 14
WEEK 2

40 minutes run
target distance: 5M / 8K

1½ MARATHON TRAINING

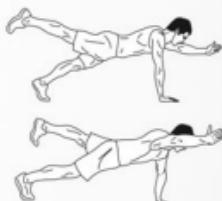
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14 plank rotations



7 plank walk-outs



14 alt arm / leg raises

**DAY 15
WEEK 3**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 16
WEEK 3**

15 minutes run
target distance: 2M / 3K

½ MARATHON TRAINING

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14 calf raises



14 lunges



14 side-to-side lunges

**DAY 17
WEEK 3**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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**DAY 18
WEEK 3**

30 minutes run
target distance: 4M / 6K

½ MARATHON TRAINING

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10 leg raises



10-count hold



10 knee-in & twist

**DAY 19
WEEK 3**

Level I 3 sets

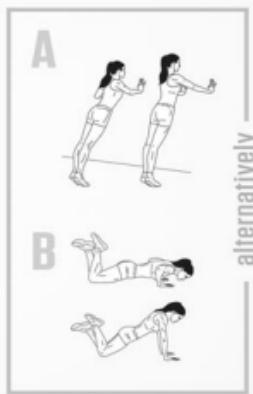
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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alternatively

maximum push-ups

Level I 3 sets

Level II 4 sets

Level III 5 sets

30 seconds rest between sets

**DAY 20
WEEK 3**

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DAY 21
WEEK 3

40 minutes run
target distance: 5M / 8K

$\frac{1}{2}$ MARATHON TRAINING

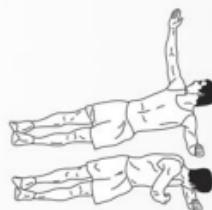
© darebee.com



14 climbers



14 shoulder taps



14 side plank rotations

**DAY 22
WEEK 4**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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**DAY 23
WEEK 4**

15 minutes run
target distance: 2M / 3K

$\frac{1}{2}$ MARATHON TRAINING

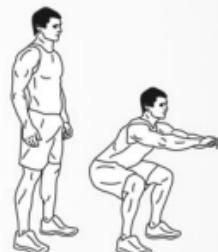
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14 calf raises



10-count hold



14 squats

DAY 24
WEEK 4

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

$\frac{1}{2}$ MARATHON TRAINING

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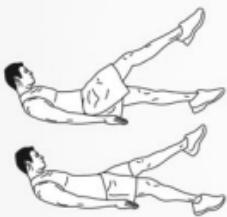


DAY 25
WEEK 4

40 minutes run
target distance: 5M / 8K

½ MARATHON TRAINING

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10 flutter kicks



10 heel taps



10 high crunches

**DAY 26
WEEK 4**

Level I 3 sets

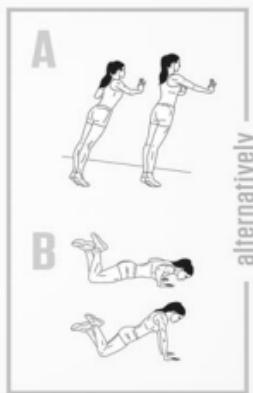
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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alternatively

maximum push-ups

Level I 3 sets

Level II 4 sets

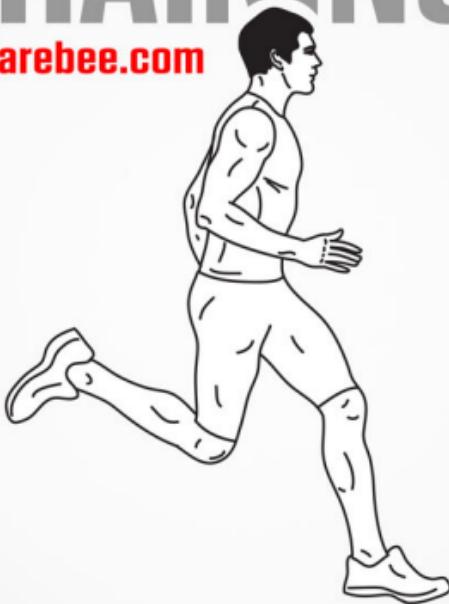
Level III 5 sets

30 seconds rest between sets

**DAY 27
WEEK 4**

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**DAY 28
WEEK 4**

50 minutes run
target distance: 6M / 10K

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14 shoulder taps



14 plank rotations



7 up & down planks

DAY 29
WEEK 5

Level I 3 sets

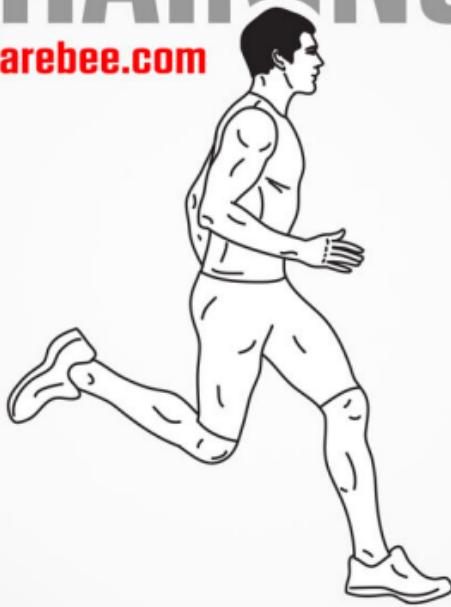
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 30
WEEK 5**

25 minutes run
target distance: 3M / 5K

½ MARATHON TRAINING

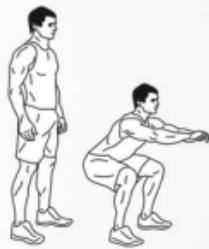
© **darebee.com**



14 calf raises



14 lunges



14 squats

**DAY 31
WEEK 5**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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**DAY 32
WEEK 5**

50 minutes run
target distance: 6M / 10K

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10 reverse crunches



10 knee-to-elbows



10-count hold

**DAY 33
WEEK 5**

Level I 3 sets

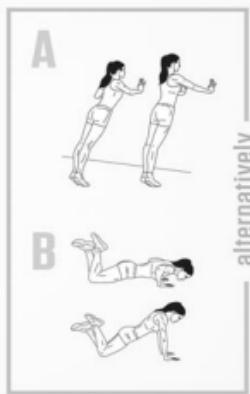
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

$\frac{1}{2}$ MARATHON TRAINING

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alternatively

maximum push-ups

Level I 3 sets

Level II 4 sets

Level III 5 sets

30 seconds rest between sets

**DAY 34
WEEK 5**

$\frac{1}{2}$ MARATHON TRAINING

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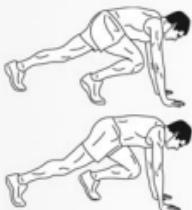


**DAY 35
WEEK 5**

55 minutes run
target distance: 7M / 11K

½ MARATHON TRAINING

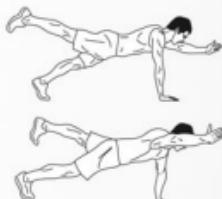
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14 climbers



7 plank walk-outs



14 alt arm / leg raises

**DAY 36
WEEK 6**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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**DAY 37
WEEK 6**

15 minutes run
target distance: 2M / 3K

½ MARATHON TRAINING

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14 calf raises



10-count hold



14 lunges

**DAY 38
WEEK 6**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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**DAY 39
WEEK 6**

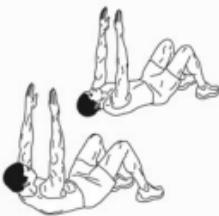
50 minutes run
target distance: 6M / 10K

1/2 MARATHON TRAINING

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10 flutter kicks



10 leg circles



10 sitting twists

**DAY 40
WEEK 6**

Level I 3 sets

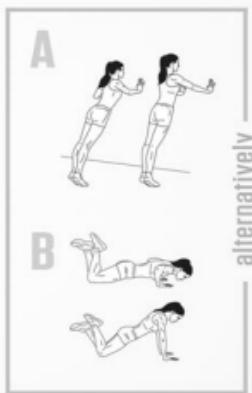
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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alternatively

maximum push-ups

Level I 3 sets

Level II 4 sets

Level III 5 sets

30 seconds rest between sets

DAY 41
WEEK 6

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**DAY 42
WEEK 6**

50 minutes run
target distance: 6M / 10K

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14 shoulder taps



7 up & down planks



14 thigh taps

DAY 43
WEEK 7

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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**DAY 44
WEEK 7**

30 minutes run
target distance: 4M / 6K

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14 calf raises



14 lunges



10-count squat hold

**DAY 45
WEEK 7**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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**DAY 46
WEEK 7**

50 minutes run
target distance: 6M / 10K

$\frac{1}{2}$ MARATHON TRAINING

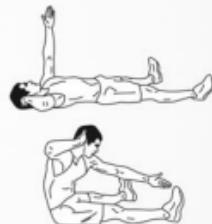
© darebee.com



10 leg raises



10-count hold



10 arm reach sit-ups

**DAY 47
WEEK 7**

Level I 3 sets

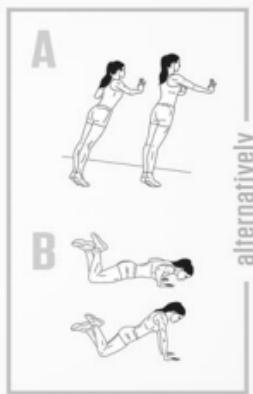
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

$\frac{1}{2}$ MARATHON TRAINING

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alternatively

maximum push-ups

Level I 3 sets

Level II 4 sets

Level III 5 sets

30 seconds rest between sets

**DAY 48
WEEK 7**

$\frac{1}{2}$ MARATHON TRAINING

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**DAY 49
WEEK 7**

50 minutes run
target distance: 6M / 10K

1/2 MARATHON TRAINING

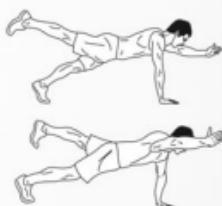
© **darebee.com**



14 plank rotations



14 shoulder taps



14 alt arm / leg raises

**DAY 50
WEEK 8**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 51
WEEK 8**

15 minutes run
target distance: 2M / 3K

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14 calf raises



10-count hold



10 jump squats

DAY 52
WEEK 8

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

$\frac{1}{2}$ MARATHON TRAINING

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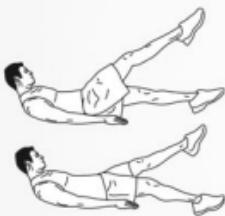


**DAY 53
WEEK 8**

55 minutes run
target distance: 7M / 11K

½ MARATHON TRAINING

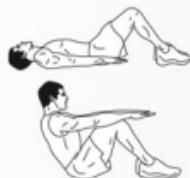
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10 flutter kicks



10 heel taps



10 sit-ups

**DAY 54
WEEK 8**

Level I 3 sets

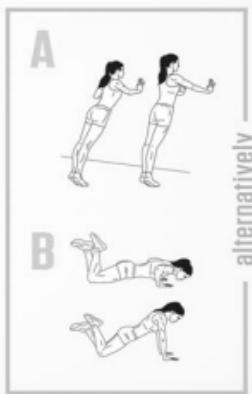
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

$\frac{1}{2}$ MARATHON TRAINING

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alternatively

maximum push-ups

Level I 3 sets

Level II 4 sets

Level III 5 sets

30 seconds rest between sets

**DAY 55
WEEK 8**

1/2 MARATHON TRAINING

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**DAY 56
WEEK 8**

1 hour 5 minutes run
target distance: 8M / 13K

½ MARATHON TRAINING

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14 climbers



7 plank walk-outs



10-count hold

**DAY 57
WEEK 9**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 58
WEEK 9**

15 minutes run
target distance: 2M / 3K

½ MARATHON TRAINING

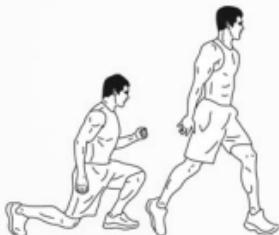
© **darebee.com**



14 calf raises



10 jumping lunges



14 side-to-side lunges



**DAY 59
WEEK 9**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 60
WEEK 9**

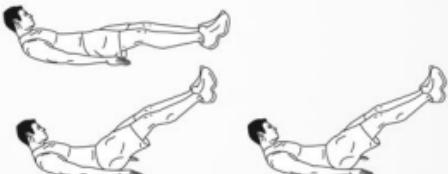
55 minutes run
target distance: 7M / 11K

$\frac{1}{2}$ MARATHON TRAINING

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10 reverse crunches



10 leg raises



10-count hold

**DAY 61
WEEK 9**

Level I 3 sets

Level II 4 sets

Level III 5 sets

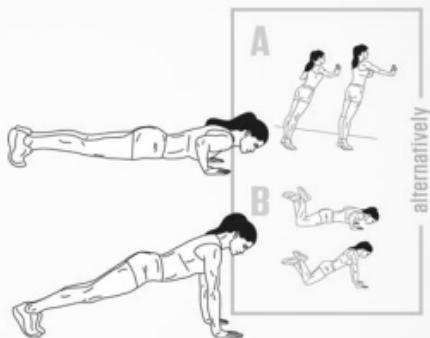
2 minutes rest between sets

1/2 MARATHON TRAINING

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15 minutes run
2m / 3K



maximum push-ups
I 3 sets II 4 sets III 5 sets
30 seconds rest between sets

DAY 62 WEEK 9

1/2 MARATHON TRAINING

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**DAY 63
WEEK 9**

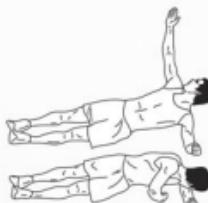
**1 hour 20 minutes run
target distance: 10M / 16K**

1/2 MARATHON TRAINING

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14 shoulder taps



14 side plank rotations



7 up & down planks

**DAY 64
WEEK 10**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 65
WEEK 10**

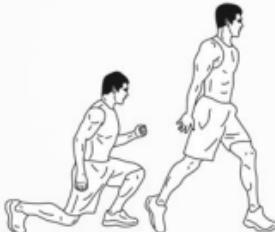
25 minutes run
target distance: 3M / 5K

$\frac{1}{2}$ MARATHON TRAINING

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14 calf raises



10 jumping lunges



10 jump squats

DAY 66
WEEK 10

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 67
WEEK 10**

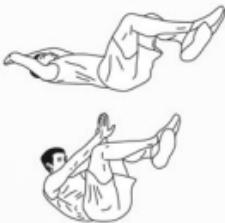
55 minutes run
target distance: 7M / 11K

½ MARATHON TRAINING

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10 flutter kicks



10 knee crunches



10 sitting twists

**DAY 68
WEEK 10**

Level I 3 sets

Level II 4 sets

Level III 5 sets

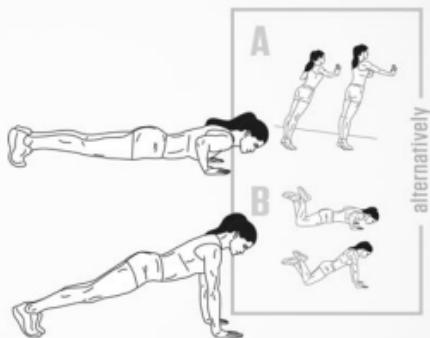
2 minutes rest between sets

½ MARATHON TRAINING

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15 minutes run
2m / 3K



maximum push-ups
I 3 sets II 4 sets III 5 sets
30 seconds rest between sets

DAY 69 WEEK 10

1/2 MARATHON TRAINING

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**DAY 70
WEEK 10**

**1 hour 20 minutes run
target distance: 10M / 16K**

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14 climbers



7 plank walk-outs



14 side plank crunches

DAY 71
WEEK 11

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 72
WEEK 11**

**15 minutes run
target distance: 2M / 3K**

$\frac{1}{2}$ MARATHON TRAINING

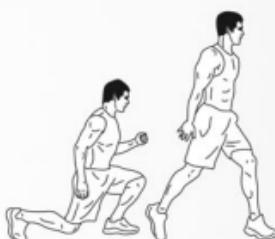
© darebee.com



14 calf raises



10-count hold



10 jumping lunges

DAY 73
WEEK 11

Level I 3 sets

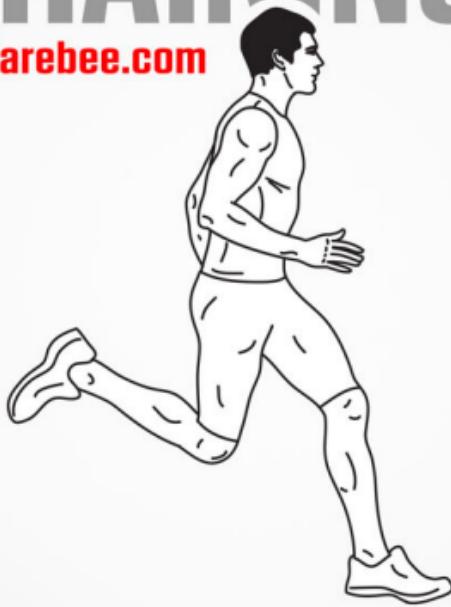
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 74
WEEK 11**

55 minutes run
target distance: 7M / 11K

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10 leg raises



10-count hold



10 long-arm crunches

DAY 75
WEEK 11

Level I 3 sets

Level II 4 sets

Level III 5 sets

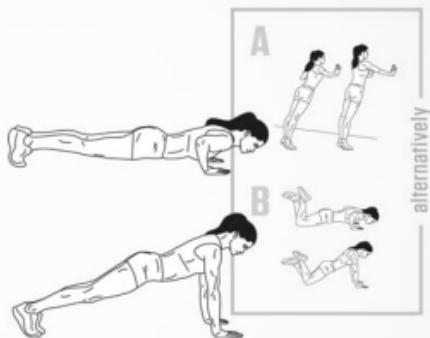
2 minutes rest between sets

1/2 MARATHON TRAINING

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15 minutes run
2m / 3K



maximum push-ups
I 3 sets II 4 sets III 5 sets
30 seconds rest between sets

DAY 76 WEEK 11

$\frac{1}{2}$ MARATHON TRAINING

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DAY 77
WEEK 11

1 hour 10 minutes run
target distance: 9M / 14K

1/2 MARATHON TRAINING

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14 shoulder taps



14 thigh taps



7 plank walk-outs

**DAY 78
WEEK 12**

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

1/2 MARATHON TRAINING

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**DAY 79
WEEK 12**

**15 minutes run
target distance: 2M / 3K**

$\frac{1}{2}$ MARATHON TRAINING

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14 calf raises



10-count hold



10-count hold

DAY 80
WEEK 12

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

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DAY 81
WEEK 12

40 minutes run
target distance: 5M / 8K

1/2 MARATHON TRAINING

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10 flutter kicks



10 leg circles



10 knee-in & twist

**DAY 82
WEEK 12**

Level I 3 sets

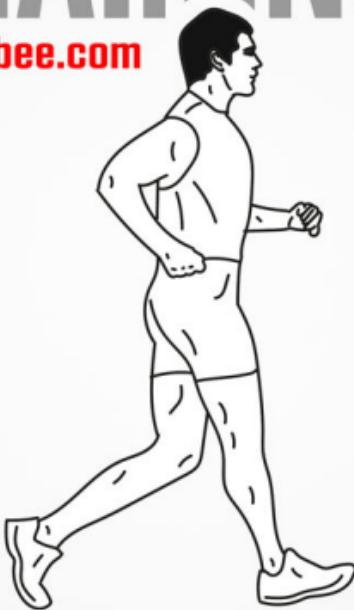
Level II 4 sets

Level III 5 sets

2 minutes rest between sets

$\frac{1}{2}$ MARATHON TRAINING

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DAY 83
WEEK 12

20 minutes walk

$\frac{1}{2}$ MARATHON TRAINING

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DAY 84
WEEK 12

RACE DAY
good luck!

