

HALF MARATHON TRAINING

PLAN 10 WEEKS

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WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Rest	20min Easy run	10min Easy + 10min Hard x 2	Strength training	30min Easy run	Rest	40 min Long run
WEEK 2	Rest	20min Easy run	Intervals 400m x 10 (2min rest)	Strength training	30min Easy run	Rest	60 min Long run
WEEK 3	Rest	25min Easy run	30min Tempo	Strength training	20min run + 5 x 100m Sprints	Rest	80 min Long run
WEEK 4	Rest	30min Easy run	Intervals 800m x 6 (4min rest)	Strength training	20min run + 5 x 100m Sprints	Rest	100 minLong run + Strides
WEEK 5	Rest	30min Easy run + Strides	50min Progressive run	Strength training	25min run + 5 x 100m Sprints	Rest	120 minLong run + Strides
WEEK 6	Rest	40min Easy run + Strides	50min Tempo run	Strength training	30min Easy run	Rest	180 minLong run + Strides
WEEK 7	Rest	40min Easy run + Strides	Intervals 1Km x 6 (4min rest)	Strength training	30min Easy run	Rest	160 minLong run + Strides
WEEK 8	Rest	30min Easy run + Strides	60min Race Pace	Strength training	30min Easy run	Rest	120 min Long run
WEEK 9	Rest	30min Easy run + Strides	40min Progressive run	Strength training	30min Easy run	Rest	100 min Long run
WEEK 10	Rest	20min Easy run	Rest	30min Easy run	Rest	Rest	Good Luck for Race

- Always warm up and cool down for each session.
- If you feel any discomfort or pain, stop and consult a physical therapist.
- This plan is based on scientific data.
- Do not increase distance or training time by more than 10% per week.
- A time-based plan is best suited for better results.
- Always follow the 80-20 rule.

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