



ENGINE

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INTRODUCTION

1. Overview and Objectives

To stay competitive in sport and be successful in the long term, it is not enough to focus on just one component of training. This book takes a holistic approach and considers all the essential building blocks necessary for athletic success: well-structured training plans, optimal nutrition, targeted mobility and stretching exercises and an in-depth understanding of scientific methods such as heart rate control.

One key to success is training with a clear goal in mind. If you are training for a specific event - be it a marathon, a half marathon or a Hyrox competition - you will find it easier to stay motivated and push yourself beyond your limits. Competitive training is often more effective because it helps you work towards a specific performance. You train harder and get fitter because you have a clear goal in mind.

The aim of this book is to give you the knowledge and tools you need to achieve your athletic goals, whether it's successfully completing your first marathon, improving your personal best or competing at the highest level in a Hyrox competition. This is not just a training manual - it's a comprehensive guide to help you stay healthy and perform well over the long term by using the right strategies for training, nutrition and recovery.

2. Motivation and Purpose

Motivation is the key to success in sport. It drives us to keep going even in the most difficult phases. That's why I want this book to be not just a collection of plans and facts, but also a source of inspiration. A quote that always motivates me personally comes from Cristiano Ronaldo:

“Talent means nothing if you don't work hard.” - Cristiano Ronaldo

This quote reminds us that it's not just about innate ability, but above all about hard work, discipline, and perseverance. With this attitude, you can achieve your goals in sport and beyond.

My own progress only really began when I started talking to people who had been in the sport longer and had more experience than me. These mentors gave me valuable insights and encouraged me to rethink my approach to training and recovery. The most important lesson I learned is that to get better, you have to learn from those who have already been successful. This has significantly accelerated my progress and motivated me to work even harder.

Why do I train? For me, sport is more than just a physical activity - it's a lifestyle. Not only is it fun, but it also keeps me fit and healthy. Through sport, I have developed a discipline and routine that helps me to stay structured in all areas of my life. Sport has not only given me physical strength, but also mental clarity - I can concentrate better, feel energized and am ready to tackle complex tasks in everyday life. I also love competition. I love challenging myself, improving myself and constantly redefining my personal limits.

TRAINING BASICS

3. Training Principles

1. heart rate zone training

Heart rate training is based on the fact that the heart rate serves as a reliable indicator of the intensity of the training. Each heart rate zone represents a range in which your body uses different energy supply mechanisms to support performance. By tailoring your training to these zones, you can target different aspects of your fitness - from basic endurance to maximum strength.

2. individual calculation of the heart rate zones

The calculation of the heart rate zones begins with the determination of your maximum heart rate (MHR). This is usually determined using one of the following methods:

1. formula method: a simple formula for roughly calculating your maximum heart rate is:

$$MHF = 220 - \text{age}.$$

This method provides a good starting point but is less precise as it does not take into account individual differences such as fitness level and genetics.

2. field test: A more precise method is a test under real conditions, for example on a running track or a bicycle. After an intensive warm-up, you perform a high-intensity, short unit in which you call up your maximum performance towards the end. The highest measured heart rate value then corresponds to your MHF.

3. laboratory test: The most accurate method is carried out under medical supervision in a laboratory. Here, your heart rate is measured under controlled conditions while you perform gradually more intensive exercise.

Once you know your maximum heart rate, your individual training zones can be calculated. These zones indicate how intensively you train and which energy sources your body mainly uses.

3. the five heart rate zones

- Zone 1 (50-60% of the MHF):

This zone is known as the “recovery zone” and is suitable for slow, relaxed training sessions. Your body mainly uses fat reserves as a source of energy. Here you not only train your

endurance, but also support regeneration. Long walks or easy bike rides are typical activities in this zone.

- Zone 2 (60-70% of the MHF):

This zone is also called the “aerobic zone” because your body primarily uses oxygen to produce energy. Training in this zone improves your basic endurance, which is particularly important for long-distance runners and endurance athletes. Fat is still the main source of energy, but your body's efficiency in using oxygen is improved. Long, steady runs or easy bike rides are ideal for this zone.

- Zone 3 (70-80% of MHF):

This zone is often referred to as the transition zone between aerobic and anaerobic work. Here the intensity and effort begin to increase and your body uses more carbohydrates as an energy source. Training in this zone improves your body's ability to use both fat and carbohydrates as fuel. This zone is ideal for longer tempo runs or incline runs.

- Zone 4 (80-90% of MHF):

Here you enter the anaerobic zone, where your body produces more lactate than it can break down. This is often referred to as training at the lactate threshold. Training in this zone helps you to improve your ability to maintain high intensities for longer periods of time. Typical exercises in this zone are interval training or tempo runs.

- Zone 5 (90-100% of MHF):

This is the maximum intensity range where your body works almost exclusively an-aerobically. This means that it draws on stored carbohydrates for very short, high-intensity efforts. This zone is suitable for sprints or very intensive, short intervals where maximum effort is required.

4 Aerobic vs. anaerobic training

Aerobic exercise occurs when your body takes in enough oxygen to provide the necessary energy for exercise. This happens in zones 1 and 2, which are often referred to as “aerobic zones”. The benefits of aerobic exercise are many:

- Cardiovascular health: aerobic exercise strengthens your heart and improves your body's ability to transport oxygen efficiently.

- Fat burning: In these zones, your body draws on fat reserves, which promotes fat burning and helps with weight loss.

- Basic endurance: You build a solid base for longer training sessions by exercising at moderate intensity for longer periods of time.

A typical example of aerobic training sessions are long, steady runs or easy cycling.

Anaerobic training, on the other hand, takes place in the higher heart rate zones (zones 4 and 5), where your body needs more energy than it can provide through oxygen. In these zones, the body draws on stored carbohydrates, which leads to the formation of lactate. If the body cannot break down this lactate quickly enough, the so-called “lactate threshold” occurs. The advantages of anaerobic training are

- Improving speed and strength endurance: intensive training in the anaerobic zones increases your maximum speed and strength.
- Increasing the lactate threshold: Regular training in zone 4 shifts the lactate threshold upwards so that you can train at high intensity for longer without feeling premature fatigue.

Anaerobic sessions are usually shorter and more intense than aerobic sessions and often include interval training or sprints.

5 Training recommendations

The combination of aerobic and anaerobic units is crucial for balanced and effective training. Ideally, your weekly training program should include about 80% aerobic training and 20% anaerobic training. This distribution ensures that you build up a solid endurance base and at the same time improve your speed and strength through more intensive sessions.

6. apps to support heart rate zone training

Apps such as Garmin Connect and Strava are valuable tools for effectively monitoring and optimizing your training. They help you to analyze your heart rate zones and work towards your athletic goals in a targeted manner.

Garmin Connect

- Function: Garmin Connect is a comprehensive app for athletes who use Garmin devices. It automatically measures and analyzes your heart rate zones based on the data collected by your Garmin watch or heart rate sensor. The app provides you with detailed reports, shows your progress in the different zones and allows you to set up targeted training sessions based on these zones.
- Device compatibility: Garmin Connect works seamlessly with Garmin watches such as the Forerunner, Fenix, or Instinct series.
- Benefits: Automatic synchronization of heart rate data and integration with other Garmin data (such as sleep tracking or stress monitoring) make this app ideal for athletes who want to continuously monitor and improve their performance. Garmin Connect also offers personalized recommendations and adjustments to tailor your training to your fitness level.

Strava

- Function: Strava is one of the most popular apps for runners and cyclists. It also supports heart rate monitoring and shows you how much time you have spent in the different heart rate zones during and after your training. Strava analyzes your heart rate data and gives you detailed insights into your intensity and progress.
- Device compatibility: Strava is compatible with a wide range of devices, including Garmin, Polar, Wahoo and many other heart rate sensors.
- Benefits: In addition to detailed heart rate monitoring, Strava offers a large and active community where you can share your progress and compete with other athletes. The app is suitable for both recreational and competitive athletes and offers comprehensive tracking functions for various sports.

7. What is the lactate threshold?

The lactate threshold (also known as the anaerobic threshold) is the point at which your body produces more lactate (lactic acid) during intense physical exertion than it can break down. When you exercise, your body initially uses oxygen to obtain energy from carbohydrates and fats. At low to moderate intensity, oxygen consumption is sufficient to provide the required energy. This is known as aerobic energy production.

However, as soon as the intensity of the training increases (e.g. during intervals, tempo runs or sprints), the oxygen is no longer sufficient to maintain the energy supply. Your body begins to produce energy anaerobically (without oxygen) by converting carbohydrate (glycogen) into glucose. This leads to the production of lactate as a by-product. When the production of lactate exceeds the body's ability to break it down, lactate accumulates in the blood. This is known as exceeding the lactate threshold.

8. Why is the lactate threshold important?

The lactate threshold is an important indicator of performance, especially in endurance and interval training. It marks the point at which the muscles begin to fatigue and signals that the body is moving into a more intensive phase of exercise.

The higher you push the lactate threshold, the longer you can train at high intensity before fatigue sets in. Training at or slightly below the lactate threshold improves the body's ability to use and break down lactate efficiently, which ultimately improves performance.

9. training to improve the lactate threshold

Training to raise the lactate threshold aims to condition the body to process more lactate before fatigue sets in. Here are some tried and tested methods:

1. tempo training: longer training sessions just below the lactate threshold help to increase endurance and improve lactate breakdown. These units often last 20 to 40 minutes and usually take place in zone 3 or 4 of the heart rate training.
2. interval training: Through repeated high-intensity intervals (in zone 4 or 5), you train your body to get used to higher lactate concentrations and shift the lactate threshold upwards. There are recovery phases between the intervals to lower the lactate level.
3. threshold training: This is a form of training where you train exactly at your lactate threshold for a longer period of time. It is demanding but effective in increasing lactate tolerance and shifting the threshold in the long term.

10. how to determine your lactate threshold

There are different methods to determine the lactate threshold:

1. laboratory analysis: the most precise method is a lactate diagnostic in the laboratory. This involves taking a blood sample while you are training under increasing stress. The point at which the lactate level rises sharply marks your lactate threshold.
- 2nd field test: You can also determine your lactate threshold using a threshold test. This can be a 30-minute run or a maximum effort cycling session, for example, during which you measure your average heart rate over the last 20 minutes. This heart rate will give you an indication of your lactate threshold.
3. subjective feeling: As you gain experience, you can learn to recognize your lactate threshold through the subjective sensation of effort. Training at the threshold feels hard, but just about doable.

11. summary

The lactate threshold is a decisive factor in endurance training and serves as an indicator of how well your body can cope with intensive training. Through targeted training, you can raise your lactate threshold, allowing you to train longer and more intensively before fatigue sets in. A higher lactate threshold is a sign of higher endurance performance and can help you achieve your athletic goals.

4. Tips for preparation

The right preparation is a decisive factor for success in endurance sports such as Hyrox or running. In addition to physical preparation, mental strength, nutrition, and time management also play an important role. Here are some important tips to help you start your competitions optimally prepared:

1. mental preparation

The body follows the mind - this wisdom applies particularly to sport. In order not to give up during intense competitions and long training sessions, mental strength is essential. Good mental preparation includes the following aspects:

- Visualization: imagine success. Many athletes use the technique of visualization to picture themselves achieving their goals or overcoming difficult phases in training and competition. Visualize yourself crossing the finish line strong and focused.
- Mindfulness and positive self-talk: In sport, it is important to focus on the positive and support yourself mentally. Avoid negative thoughts such as "I can't do this" and replace them with positive affirmations such as "I am strong, I can do this".
- Build routines: Mental strength is also promoted by creating routines. A consistent pre-workout routine or rituals before the competition help you to focus and mentally prepare for the challenge ahead.

2. time management and training routine

A well-structured training plan is the key to your success. Effective time management helps you to integrate training into your everyday life without compromising other areas of your life.

- Create a training plan: Plan your training in advance and set yourself fixed times in which you dedicate yourself exclusively to your training. A well thought-out training plan will help you stay motivated and remind you of your progress.
- Set priorities: It is important to prioritize, especially in stressful times. Instead of skipping training sessions, adjust the intensity or duration. Regularity is more important than the length of each individual session.
- Plan recovery phases: Don't forget to plan recovery phases. Your body needs time to regenerate and build up. Overtraining can lead to injury and burnout, so the balance between training and recovery is crucial.

3. nutrition before the competition

What you eat plays a crucial role in how you feel during training and competition. A balanced diet is the basis for performance and recovery.

- Carb-loading: It is particularly useful to replenish your body's carbohydrate stores before long endurance sessions or competitions. A few days before the competition, you should eat carbohydrate-rich meals to maximize your muscles' glycogen stores.
- Hydration: Make sure you drink enough fluids, especially before high-intensity training sessions and competitions. Dehydration can significantly affect your performance. Drink small amounts of water or electrolyte drinks regularly.
- Pre-workout nutrition: Avoid eating food that is difficult to digest immediately before training. Instead, opt for easily digestible carbohydrates such as bananas or toast. You want to give your body the energy it needs without overloading it.

4. Tapering - the final phase of preparation

Tapering is the final phase of your preparation and involves reducing the amount of training in the last one to three weeks before the competition. The aim is to give your body time to fully recover while maintaining your fitness.

- Reduce the intensity: In the last few days before the competition, you should reduce the intensity and volume of your training. This gives your body the opportunity to recover from the hard training phase.
- Easy units: Use this phase to do easy training sessions that keep you active but don't overload you. These sessions should be fun and set you up mentally for race day.
- Focus on mental strength and strategy: Tapering is also a time to build your mental strength and set your strategy for race day. Visualize your success and think about what you have achieved in recent weeks and months.

HYROX TRAINING PLANS

5. Hyrox Open – 12-Week Plan

This 12-week training plan is specifically designed to optimally prepare you for a Hyrox competition. Hyrox is a challenge that tests both your endurance and strength. The plan combines functional strength training, endurance training, and specific Hyrox workouts that will help you successfully tackle the various stations and running sections in the competition. In the first four weeks, the focus is on building a solid fitness foundation, and then the intensity is gradually increased to prepare you for peak performance on competition day. The weight selected for the exercises should feel challenging but still allow for proper form.

1RM (One-Rep Max): This is the maximum weight you can safely lift for one repetition. The percentage given indicates how heavy the weight should be relative to your 1RM. If you

don't know your 1RM, choose a weight that feels challenging but manageable during the last one or two repetitions of the set.

Each week follows a clear structure with strength training, endurance runs, and Hyrox-specific workouts. You'll train 5-6 days per week, with planned rest and active recovery days to ensure your body has enough time to recover.

Weeks 1-4: Foundation Building

Goal: In this phase, the focus is on building strength and endurance. You will learn basic functional exercises and improve your base fitness to prevent injuries and create a foundation for the more intense phases to come.

Training	Exercises	Sets x reps	Breaks	Weight recommendation	Execution Tips
Week 1					
Monday					
Strength training (full body)	Squats	3x10	60-90 seconds between sets	60-70% of your 1RM	Make sure your knees don't go past your toes.
	Bench press	3x10	60-90 seconds between sets	60-70% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Deadlift	3x8	90 seconds between sets	70-80% of your 1RM	Keep your back straight and work from your hips.
	Pull-ups	3x8	60-90 seconds between sets	Body weight or with additional weight (5-10 kg)	Pull yourself up with your lats, not your arms.
	Core training: Planks (30 seconds), Russian Twists (30 seconds)	3x30 seconds	30 seconds rest between exercises	Body weight or light weights (2-5 kg)	Keep a neutral spine when doing planks, and use slow, controlled movements when doing twists.
Tuesday					
Endurance training (running)	40 minutes easy run (Zone 2)				Keep your heart rate in zone 2 and breathe evenly.

Wednesday					
Hyrox-specific training	Burpee Broad Jumps	4x30	60 seconds between sets	Body weight	Explode on the jumps and land softly on your feet.
	Wall Balls	4x40	60 seconds between sets	6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
	Rowing (500 meters)	4x500 meters	2 minutes between sets		Maintain a consistent pulling technique and use your legs effectively.
Thursday					
Recovery/Mobility	30 minutes of light yoga or stretching				Focus on deep breathing and relaxed movements.
Friday					
Strength training (upper body)	Shoulder press	3x10	60-90 seconds between sets	50-60% of your 1RM	Press upwards in a controlled manner, keeping your shoulders stable.
	Bent Over Rows	3x8	60-90 seconds between sets	60-70% of your 1RM	Back straight, pull the dumbbell toward your hips, not your chest.
	Dips	3x10	60-90 seconds between sets	Body weight or with additional weight (5-10 kg)	Make sure to bring your elbows back, not out.
	Bicep curls	3x10	60-90 seconds between sets	40-50% of your 1RM	Perform the movement slowly and controlled, no momentum.
Saturday					
Endurance training (interval training)	400 meter sprints	5x400 meters	90 seconds between intervals		Start powerfully, maintain a constant speed.
Sunday					
Recovery / active regeneration	30 minutes of easy swimming or cycling				Keep the pace relaxed, promote blood circulation.

Week 2					
Monday					
Strength training (full body)	Front squats	3x12	60-90 seconds between sets	50-60% of your 1RM	Keep your elbows up, weight on your heels.
	Bench press	3x10	60-90 seconds between sets	60-70% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Deadlift	3x10	90 seconds between sets	60-70% of your 1RM	Keep your back straight and work from your hips.
	Core: Planks, Leg Raises (3x30 seconds each)	3x30 seconds	30 seconds rest between exercises	Body weight	Planks: Maintain a neutral spine; Leg Raises: Slow, controlled movements.
Tuesday					
Endurance training (cross-country skiing)	45 minutes easy run (Zone 2)				Keep your heart rate in zone 2 and breathe evenly.
Wednesday					
Hyrox-specific training	Wall Balls	4x40	60 seconds between sets	6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
	Sandbag lunges	4x40	60 seconds between sets	15-20kg sandbag	Keep your upper body upright and control your stride.
	Rowing (500 meters)	4x500 meters	2 minutes between sets		Maintain a consistent pulling technique and use your legs effectively.
Thursday					
Recovery/Mobility	30 minutes mobility training (focus on hip and shoulder mobility)				Focus on deep breathing and slow, controlled movements.
Friday					

Strength training (lower body)	Deadlifts	4x10	90 seconds between sets	70-80% of your 1RM	Keep your back straight and work from your hips.
	Bulgarian split squats	3x10	60-90 seconds between sets	20-25% of your body weight per hand	Maintain balance, pay attention to knee alignment.
	Kettlebell swings	3x12	60-90 seconds between sets	16-24kg kettlebell	Explosive hip movement, keep your back straight.
Saturday					
Endurance training (interval training)	200 meter sprints	6x200 meters	60 seconds between intervals		Start powerfully, maintain a constant speed.
Sunday					
Recovery / active regeneration	30 minutes of easy cycling or walking				Keep the pace relaxed, promote blood circulation.
Week 3					
Monday					
Strength training (full body)	Squats	4x10	60-90 seconds between sets	60-70% of your 1RM	Make sure your knees don't go past your toes.
	Bench press	4x8	60-90 seconds between sets	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Dumbbell lunges	4x10 (per leg)	60-90 seconds between sets	15-20% of your body weight per hand	Make sure your core is stable and your step size is consistent.
	Core training: Russian twists, planks	3x30 seconds	30 seconds rest between exercises	Body weight or light weights (2-5 kg)	Russian Twists: Rotate in a controlled manner, Planks: Maintain a neutral spine.
Tuesday					
Endurance training (running)	40 minutes easy run (Zone 2)				Keep your heart rate in zone 2 and breathe evenly.

Wednesday					
Hyrox-specific training	Rowing (500 meters)	5x500 meters	2 minutes between sets		Maintain a consistent pulling technique and use your legs effectively.
	SkiErg (500 meters)	5x500 meters	2 minutes between sets		Focus on even breathing and pulling efficiently.
	Burpee Broad Jumps	4x25	60 seconds between sets	Body weight	Explode on the jumps and land softly on your feet.
	Farmer's carry (200 meters)	4x200 meters	60 seconds between sets	Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
Thursday					
Recovery/Mobility	30 minutes of yoga or mobility training				Focus on deep breathing and slow, controlled movements.
Friday					
Strength training (upper body)	Shoulder press	4x10	60-90 seconds between sets	50-60% of your 1RM	Press upwards in a controlled manner, keeping your shoulders stable.
	Bent Over Rows	4x10	60-90 seconds between sets	60-70% of your 1RM	Back straight, pull the dumbbell toward your hips, not your chest.
	Dips	3x10	60-90 seconds between sets	Body weight or with additional weight (5-10 kg)	Make sure to bring your elbows back, not out.
	Bicep curls	3x10	60-90 seconds between sets	40-50% of your 1RM	Perform the movement slowly and controlled, no momentum.
Saturday					
Endurance training (interval training)	400 meter sprints	6x400 meters	90 seconds between intervals		Start powerfully, maintain a constant speed.

Sunday					
Recovery / active regeneration	30 minutes of easy swimming or walking				Keep the pace relaxed, promote blood circulation.
Week 4					
Monday					
Strength training (full body)	Squats	4x12	60-90 seconds between sets	60-70% of your 1RM	Make sure your knees don't go past your toes.
	Bench press	4x10	60-90 seconds between sets	60-70% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Deadlift	3x10	90 seconds between sets	60-70% of your 1RM	Keep your back straight and work from your hips.
	Core: Planks	3x30 seconds	30 seconds rest between exercises	Body weight	Keeping a neutral spine, pull your belly button slightly inward.
Tuesday					
Endurance training (cross-country skiing)	45 minutes easy run (Zone 2)				Keep your heart rate in zone 2 and breathe evenly.
Wednesday					
Hyrox-specific training	Wall Balls	5x25	60 seconds between sets	6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
	Sandbag lunges	4x25	60 seconds between sets	15-20kg sandbag	Keep your upper body upright and control your stride.
	Rowing (500 meters)	5x500 meters	2 minutes between sets		Maintain a consistent pulling technique and use your legs effectively.

	SkiErg (500 meters)	5x500 meters	2 minutes between sets		Focus on even breathing and pulling efficiently.
Thursday					
Recovery/Mobility	30 minutes of light mobility training (focus on flexibility)				Focus on slow, controlled movements, breathing deeply in and out.
Friday					
Strength training (lower body)	Deadlifts	4x12	90 seconds between sets	70-80% of your 1RM	Keep your back straight and work from your hips.
	Bulgarian split squats	4x10	60-90 seconds between sets	20-25% of your body weight per hand	Maintain balance, pay attention to knee alignment.
	Kettlebell swings	4x12	60-90 seconds between sets	16-24kg kettlebell	Explosive hip movement, keep your back straight.
Saturday					
Endurance training (interval training)	200 meter sprints	7x200 meters	60 seconds between intervals		Start powerfully, maintain a constant speed.
Sunday					
Recovery / active regeneration	30 minutes of easy swimming or easy cycling				Keep the pace relaxed, promote blood circulation.

Weeks 5-8: Performance Enhancement

During weeks 5 to 8, the intensity of your training increases significantly. The focus is on improving your performance in terms of both strength and endurance. In these weeks, you will lift heavier weights, complete more intense interval runs, and increase the complexity of the exercises. Additionally, you will begin to simulate competition scenarios more intensely to prepare specifically for the Hyrox challenges.

Week 5					
Monday					
Strength training (full body)	Front squats	4x8	60-90 seconds between sets	60-70% of your 1RM	Keep your elbows up, weight on your heels.
	Deadlift	4x6	90 seconds between sets	70-80% of your 1RM	Keep your back straight and work from your hips.
	Bench press	3x8	60-90 seconds between sets	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Dumbbell lunges	3x10 (per leg)	60-90 seconds between sets	15-20% of your body weight per hand	Make sure your core is stable and your step size is consistent.
	Planks (core training)	3x45 seconds	30 seconds rest between exercises	Body weight	Keeping a neutral spine, pull your belly button slightly inward.
Tuesday					
Hyrox-specific training	SkiErg	5x500 meters	90 second break	-	Maintain a constant speed and make sure you pull evenly.
	Sandbag lunges	4x25 steps	60 seconds between sets	15-20kg sandbag	Keep your upper body upright and control your stride.
	Farmer's carry	5x100 meters	90 seconds between sets	Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
Wednesday					
Endurance training (cross-country skiing)	60 minutes easy run (Zone 2)				Keep your heart rate in zone 2 and breathe evenly.
Thursday					
Strength training (lower body)	Deadlifts	4x8	90 seconds between sets	70-80% of your 1RM	Keep your back straight and work from your hips.

	Bulgarian split squats	4x10	60-90 seconds between sets	20-25% of your body weight per hand	Maintain balance, pay attention to knee alignment.
	Box jumps	3x10	60-90 seconds between sets	Body weight	Jump explosively, landing softly on both feet.
	Kettlebell swings	3x15	60-90 seconds between sets	16-24kg kettlebell	Explosive hip movement, keep your back straight.
Friday					
Recovery/Mobility	30 minutes of yoga or mobility exercises				Focus on deep breathing and slow, controlled movements.
Saturday					
Hyrox simulation (75% intensity)	1000 meter run	1000 meters	90-120 seconds between cycles		Run at a moderate, steady pace.
	SkiErg	500 meters	90 seconds rest after the exercise		Maintain a constant speed and make sure you pull evenly.
	Farmer's carry	100 meters	90 seconds rest after the exercise	Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Wall Balls	15 reps	60 seconds rest after the exercise	6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
Important:	Cycle sequence: 1000 meter run: Start each cycle with a moderate run. 500 meter SkiErg: As the first stop, perform 500 meters on the SkiErg. 100 Meter Farmers Carry: Then perform the Farmers Carry with heavy weight. 15 Wall Balls: Complete the cycle with 15 repetitions of the wall balls. Repeat this entire cycle 4 times. Be sure to rest 90-120 seconds between cycles to control intensity.				
Sunday					
Recovery / active regeneration	30 minutes of easy swimming or cycling				Keep the pace relaxed, promote blood circulation.

Week 6					
Monday					
Strength training (full body)	Squats	4x6	60-90 seconds between sets	70-80% of your 1RM	Make sure your knees don't go past your toes.
	Bench press	4x8	60-90 seconds between sets	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Dumbbell lunges	4x8 (per leg)	60-90 seconds between sets	15-20% of your body weight per hand	Keep your upper body upright and control your step size.
	Planks (core)	3x45 seconds	30 seconds rest between exercises	Body weight	Keeping a neutral spine, pull your belly button slightly inward.
	Leg Raises (Core)	3x45 seconds	30 seconds rest between exercises	Body weight	Carry out the movement slowly and in a controlled manner, keeping your legs stretched.
Tuesday					
Endurance training (interval training)	800 meter sprints	5x800 meters	2 minutes rest between runs		Start powerfully, maintain a constant speed and focus on even breathing.
Wednesday					
Hyrox-specific training	SkiErg	5x500 meters	90 second break		Maintain a constant speed and make sure you pull evenly.
	Sandbag lunges	4x30 steps	60 seconds between sets	15-20kg sandbag	Keep your upper body upright and control your stride.
	Farmer's carry	5x100 meters	90 seconds between sets	Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.

Thursday					
Strength training (upper body)	Shoulder press	4x8	60-90 seconds between sets	60-70% of your 1RM	Press upwards in a controlled manner, keeping your shoulders stable.
	Bent Over Rows	4x8	60-90 seconds between sets	60-70% of your 1RM	Keeping your back straight, pull the dumb-bell toward your hips, not your chest.
	Weighted pull ups	3x10	60-90 seconds between sets	Body weight + additional weight (5-10 kg)	Pull yourself up in a controlled manner, making sure that your body remains stable.
	Dips	3x10	60-90 seconds between sets	Body weight or additional weight (5-10 kg)	Make sure to bring your elbows back, not out.
Friday					
Recovery/Mobility	30 minutes of light stretching or mobility exercises (hips and shoulders)				Focus on slow, controlled movements and deep breathing.
Saturday					
Hyrox simulation (75% intensity)	1000 meter run	1000 meters	90-120 seconds between cycles		Run at a moderate, steady pace.
	SkiErg	500 meters	90 seconds rest after the exercise		Maintain a constant speed and make sure you pull evenly.
	Farmer's carry	100 meters	90 seconds rest after the exercise	Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Wall Balls	15 reps	60 seconds rest after the exercise	6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.

Important:	Cycle sequence: 1000 meter run: Start each cycle with a moderate run. 500 meter SkiErg: As the first stop, perform 500 meters on the SkiErg. 100 Meter Farmers Carry: Then perform the Farmers Carry with heavy weight. 15 Wall Balls: Complete the cycle with 15 repetitions of the wall balls. Repeat this entire cycle 4 times. Be sure to rest 90-120 seconds between cycles to control intensity.				
Sunday					
Recovery / active regeneration	30 minutes of easy cycling or walking				Keep the pace relaxed, promote blood circulation and pay attention to even breathing.
Week 7					
Monday					
Strength training (full body)	Front squats	4x6	60-90 seconds between sets	70-80% of your 1RM	Keep your elbows up, weight on your heels.
	Deadlift	4x6	90 seconds between sets	70-80% of your 1RM	Keep your back straight and work from your hips.
	Bench press	4x8	60-90 seconds between sets	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Planks (core)	3x45 seconds	30 seconds rest between exercises	Body weight	Keeping a neutral spine, pull your belly button slightly inward.
	Russian Twists (Core)	3x45 seconds	30 seconds rest between exercises	Body weight or 2-5 kg additional weight	Carry out the movement slowly and in a controlled manner, ensuring stable torso rotation.
Tuesday					
Hyrox-specific training	SkiErg	4x500 meters	90 second break		Maintain a constant speed and make sure you pull evenly.

	Sandbag lunges	4x20 steps	60 seconds between sets	15-20kg sandbag	Keep your upper body upright and control your stride.
	Sled push	4x25 meters	90 seconds between sets	100-150 kg (depending on gender)	Keep your back straight and push your legs explosively.
	Sled pull	4x25 meters	90 seconds between sets	75-125 kg (depending on gender)	Pull the sled backwards, remaining stable and controlled.
	Farmer's carry	4x200 meters	90 second break	Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
Wednesday					
Endurance training (cross-country skiing)	60 minutes easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Thursday					
Strength training (upper body)	Shoulder press	4x8	60-90 seconds between sets	60-70% of your 1RM	Press upwards in a controlled manner, keeping your shoulders stable.
	Bent Over Rows	4x8	60-90 seconds between sets	60-70% of your 1RM	Keeping your back straight, pull the dumbbell toward your hips, not your chest.
	Weighted pull ups	3x10	60-90 seconds between sets	Body weight + additional weight (5-10 kg)	Pull yourself up in a controlled manner, making sure that your body remains stable.
	Bicep curls	3x10	60-90 seconds between sets	40-50% of your 1RM	Carry out the movement slowly and in a controlled manner, avoiding momentum.
Friday					

Recovery/Mobility	30 minutes of yoga or mobility training for flexibility and recovery				Focus on slow, controlled movements and deep breathing. Pay particular attention to your hips and shoulders.
Saturday					
Hyrox simulation (80% intensity)	1000 meter run	1000 meters			Run at a moderate, steady pace.
	SkiErg	500 meters			Maintain a constant speed and make sure you pull evenly.
	Farmer's carry	100 meters		Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Sled push	25 meters		100-150 kg (depending on gender)	Push explosively with your legs, keeping your back straight.
	Sled pull	25 meters		75-125 kg (depending on gender)	Pull the sled backwards, remaining stable and controlled.
	Wall Balls	30 reps		6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
Important:	Cycle sequence: 1000 meter run: Start each cycle with a moderate run. 500 meter SkiErg: As the first stop, perform 500 meters on the SkiErg. 100 Meter Farmers Carry: Then perform the Farmers Carry with heavy weight. Sled Push and Pull: Push the sled 25 meters, then pull it backwards 25 meters. 15 Wall Balls: Complete the cycle with 15 repetitions of the wall balls. Repeat this cycle 4 times. Be sure to rest 90-120 seconds between cycles to control intensity.				
Sunday					
Recovery / active regeneration	30 minutes of easy swimming or cycling				Keep the pace relaxed, promote blood circulation and pay attention to even breathing.

Week 8					
Monday					
Strength training (full body)	Squats	4x6	60-90 seconds between sets	70-80% of your 1RM	Make sure your knees don't go past your toes.
	Deadlift	4x6	90 seconds between sets	70-80% of your 1RM	Keep your back straight and work from your hips.
	Bench press	4x8	60-90 seconds between sets	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Body weight	Keeping a neutral spine, pull your belly button slightly inward.
	Leg Raises (Core)	3x60 seconds	30 seconds rest between exercises	Body weight	Carry out the movement slowly and in a controlled manner, keeping your legs stretched.
Tuesday					
Endurance training (interval training)	800 meter sprints	6x800 meters	2 minutes rest between runs		Start powerfully, maintain a constant speed and focus on even breathing.
Wednesday					
Hyrox-specific training	SkiErg	5x500 meters	90 second break	-	Maintain a constant speed and make sure you pull evenly.
	Sandbag lunges	4x25 steps	60 seconds between sets	15-20kg sandbag	Keep your upper body upright and control your stride.
	Farmer's carry	4x200 meters	90 seconds between sets	Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.

Thursday					
Strength training (upper body)	Shoulder press	4x6	60-90 seconds between sets	60-70% of your 1RM	Press upwards in a controlled manner, keeping your shoulders stable.
	Weighted pull ups	4x8	60-90 seconds between sets	Body weight + additional weight (5-10 kg)	Pull yourself up in a controlled manner, making sure that your body remains stable.
	Bent Over Rows	3x10	60-90 seconds between sets	60-70% of your 1RM	Keeping your back straight, pull the dumb-bell toward your hips, not your chest.
	Bicep curls	3x10	60-90 seconds between sets	40-50% of your 1RM	Carry out the movement slowly and in a controlled manner, avoiding momentum.
Friday					
Recovery/Mobility	30 minutes of stretching, yoga or mobility exercises				Focus on slow, controlled movements. Pay particular attention to flexibility and recovery of the hips and shoulders.
Saturday					
Hyrox simulation (90% intensity)	1000 meter run	1000 meters			Run at a steady, controlled pace, 90% of your maximum power.
	SkiErg	500 meters			Maintain a constant speed and make sure you pull evenly.
	Farmer's carry	100 meters		Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Sled push	25 meters		100-150 kg (depending on gender)	Push explosively with your legs, keeping your back straight.

	Sled pull	25 meters		75-125 kg (depending on gender)	Pull the sled backwards, remaining stable and controlled.
	Wall Balls	30 reps		6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
Important:	Cycle sequence: 1000 meter run: Start each cycle with a moderate run. 500 meter SkiErg: As the first stop, perform 500 meters on the SkiErg. 100 Meter Farmers Carry: Then perform the Farmers Carry with heavy weight. Sled Push and Pull: Push the sled 25 meters, then pull it backwards 25 meters. 15 Wall Balls: Complete the cycle with 15 repetitions of the wall balls. Repeat this cycle 4 times. Make sure to rest 90-120 seconds between cycles.				
Sunday					
Recovery / active regeneration	30 minutes of easy swimming or cycling				Keep the pace relaxed, promote blood circulation and pay attention to even breathing.

Weeks 9-12: Competition Preparation

In the final four weeks of the Hyrox training plan, we focus on fine-tuning your performance and recovery. This phase is crucial to ensure that you are in peak condition and able to reach your full potential on competition day. We implement what's known as tapering, where the training intensity is gradually reduced, allowing your body to fully recover while maintaining your fitness level.

Week 9					
Monday					
Hyrox simulation (90% intensity)	1000 meter running	1000 meters			Run at a steady pace, at 90% of your maximum effort.

	SkiErg	1000 meters			Maintain a constant speed, focus on pulling efficiently.
	Sandbag lunges	2x20 steps		15-20kg sandbag	Keep your upper body upright and control your stride.
	rowing	1000 meters			Make sure you pull evenly and move your legs efficiently.
	Farmer's carry	200 meters		Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Burpee Broad Jumps	4x25 meters		Body weight	Jump forward explosively, landing softly on your feet.
	Wall Balls	75 reps		6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
Important:	Start with a 1000 meter run. Perform the 1000 meter SkiErg. Switch to 2x20 Sandbag Lunges. Continue with 1000 meter rowing. Perform the 200 meter farmers carry. Switch to 4x25 meter burpee broad jumps. Complete the simulation with 75 Wall Balls. Try to complete everything without taking a break				
Tuesday					

Endurance training (tempo running)	1000 meter runs (Zone 3-4)	4x1000 meters	2 minutes rest between intervals		Run in zone 3-4 (medium intensity). Focus on breathing evenly and maintaining a consistent speed.
Wednesday					
Strength training (upper body)	Shoulder press	3x6	60-90 seconds between sets	60-70% of your 1RM	Press upwards in a controlled manner, keeping your shoulders stable.
	Bent Over Rows	3x8	60-90 seconds between sets	60-70% of your 1RM	Keeping your back straight, pull the dumbbell toward your hips, not your chest.
	Weighted pull ups	3x8	60-90 seconds between sets	Body weight + additional weight (5-10 kg)	Pull yourself up in a controlled manner, making sure that your body remains stable.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Body weight	Keeping a neutral spine, pull your belly button slightly inward.
Thursday					
Recovery/Mobility	30 minutes of light stretching or mobility training				Focus on slow, controlled movements. Pay particular attention to flexibility and recovery of the hips and shoulders.
Friday					
Hyrox simulation (95% intensity)	700 meter run	700 meters			Run at 95% of your intensity, control your pace.

	SkiErg	1000 meters			Maintain a constant speed, focus on pulling efficiently.
	Sled push	50 meters		100-150 kg (depending on gender)	Push your legs explosively, keeping your back straight.
	Sled pull	50 meters		75-125 kg (depending on gender)	Pull the sled backwards, remaining stable and controlled.
	Burpee Broad Jumps	80 meters		Body weight	Jump forward explosively, landing softly on your feet.
	rowing	1000 meters			Make sure you pull evenly and move your legs efficiently.
	Farmer's carry	200 meters		Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Sandbag lunges	100 meters		15-20kg sandbag	Keep your upper body upright and control your stride.
	Wall Balls	100 reps		6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
Important:	Cycle sequence: 700 meter run to start. Perform the 1000 meter SkiErg followed by 700 meter running. Sled push over 50 meters (100-150 kg depending on gender), then 700 meters of running. Sled pull over 50 meters (75-125 kg depending on gender), then 700 meters of running. 80 meters of burpee broad jumps, then 700 meters of running. 1000 meters rowing, then 700 meters running. 200 meter farmers carry followed by 700 meter run. 100 meters of sandbag lunges, then 700 meters of running. 100 Wall Balls Try to complete everything without taking a break.				
Saturday					

Recovery / active regeneration					Keep the pace relaxed, focusing on steady breathing to promote circulation and recovery.
Sunday					
30-45 minutes of easy cycling or swimming (Zone 1)					Keep the pace relaxed, promote blood circulation and pay attention to even breathing. Stay in Zone 1 to promote recovery.
Week 10					
Monday					
Strength training (full body)	Front squats	3x8	60-90 seconds between sets	70-80% of your 1RM	Keep your elbows up, weight on your heels.
	Deadlift	3x6	90 seconds between sets	70-80% of your 1RM	Keep your back straight and work from your hips.
	Bench press	3x8	60-90 seconds between sets	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Body weight or 2-5 kg additional weight	Carry out the movement slowly and in a controlled manner, ensuring stable torso rotation.
Tuesday					

Endurance training (interval training)	800 meter runs (Zone 3-4)	5x800 meters	2 minutes rest between intervals		Run in zone 3-4 (medium intensity). Focus on breathing evenly and maintaining a consistent speed.
Wednesday					
Hyrox-specific training	Sled Push (25 meters)				100-150 kg (depending on gender)
	SkiErg (500 meters)				
	Sled pull (25 meters)				75-125 kg (depending on gender)
	Rowing (500 meters)				
	Sandbag Lunges (20 steps)				15-20kg sandbag
	Wall Balls (20 reps)				6-9 kg medicine ball
Important:	<p>Course of the training:</p> <p>Block 1 (Sled Push/SkiErg): First perform the Sled Push (25 meters), followed by SkiErg (500 meters). After completing both exercises, take a 90 second break. Repeat this superset 4 times.</p> <p>Block 2 (Sled Pull/Rowing): Start with sled pull (25 meters), followed by rowing (500 meters). Also rest 90 seconds after each rep and repeat this superset 4 times.</p> <p>Block 3 (Sandbag Lunges/Wall Balls): Perform sandbag lunges (20 steps) followed by wall balls (20 reps). Repeat this superset 4 times, resting 90 seconds after each set.</p>				
Thursday					
Recovery/Mobility	30 minutes of yoga or mobility training				Focus on slow, controlled movements and breathing deeply to promote flexibility and recovery. Pay particular attention to the hips and shoulders.

Friday					
Hyrox simulation (95% intensity)	700 meter run	700 meters			Run at 95% of your intensity, control your pace.
	SkiErg	1000 meters			Maintain a constant speed, focus on pulling efficiently.
	Sled push	50 meters		100-150 kg (depending on gender)	Push your legs explosively, keeping your back straight.
	Sled pull	50 meters		75-125 kg (depending on gender)	Pull the sled backwards, remaining stable and controlled.
	Burpee Broad Jumps	80 meters		Body weight	Jump forward explosively, landing softly on your feet.
	rowing	1000 meters			Make sure you pull evenly and move your legs efficiently.
	Farmer's carry	200 meters		Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Sandbag lunges	100 meters		15-20kg sandbag	Keep your upper body upright and control your stride.
	Wall Balls	100 reps		6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.

Important:	Cycle sequence: 700 meter run to start. Perform the 1000 meter SkiErg followed by 700 meter running. Sled push over 50 meters (100-150 kg depending on gender), then 700 meters of running. Sled pull over 50 meters (75-125 kg depending on gender), then 700 meters of running. 80 meters of burpee broad jumps, then 700 meters of running. 1000 meters rowing, then 700 meters running. 200 meter farmers carry followed by 700 meter run. 100 meters of sandbag lunges, then 700 meters of running. 100 Wall Balls Try to complete everything without taking a break.				
Saturday					
Recovery / active regeneration					Keep the pace relaxed, promote blood circulation and focus on even breathing. Use this time for regeneration and active recovery.
Sunday					
30 minutes of easy swimming or light running (Zone 1)					Keep heart rate in Zone 1, run or swim at a relaxed pace to promote recovery. Make sure you breathe evenly and have a relaxed posture.
Week 11					
Monday					
Hyrox simulation (95% intensity)	500 meter run	500 meters			Run at 95% of your intensity, control your pace.
	SkiErg	700 meters			Maintain a constant speed, focus on pulling efficiently.

	Sled push	50 meters		100-150 kg (depending on gender)	Push your legs explosively, keeping your back straight.
	Sled pull	50 meters		75-125 kg (depending on gender)	Pull the sled backwards, remaining stable and controlled.
	Burpee Broad Jumps	80 meters		Body weight	Jump forward explosively, landing softly on your feet.
	rowing	700 meters			Make sure you pull evenly and move your legs efficiently.
	Farmer's carry	200 meters		Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Sandbag lunges	100 meters		15-20kg sandbag	Keep your upper body upright and control your stride.
	Wall Balls	100 reps		6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
Important:	Cycle sequence: 500 meter run to start. Perform the 700 meter SkiErg followed by 500 meter running. Sled push over 50 meters (100-150 kg depending on gender), then 500 meters of running. Sled pull over 50 meters (75-125 kg depending on gender), then 500 meters of running. 80 meters of burpee broad jumps, then 500 meters of running. 700 meters rowing, then 500 meters running. 200 meter farmers carry followed by 500 meter run. 100 meters of sandbag lunges, then 500 meters of running. 100 Wall Balls Try to complete everything without taking a break.				
Tuesday					

Endurance training (tempo running)	1000 meter runs (Zone 3)	4x1000 meters	3 minutes rest between runs		Run in Zone 3 (medium intensity). Focus on breathing evenly and maintaining a consistent speed.
Wednesday					
Strength training (upper body)	Shoulder press	3x8	60-90 seconds between sets	60-70% of your 1RM	Press upwards in a controlled manner, keeping your shoulders stable.
	Bent Over Rows	3x8	60-90 seconds between sets	60-70% of your 1RM	Keeping your back straight, pull the dumbbell toward your hips, not your chest.
	Weighted pull ups	3x8	60-90 seconds between sets	Body weight + additional weight (5-10 kg)	Pull yourself up in a controlled manner, making sure that your body remains stable.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Body weight	Keeping a neutral spine, pull your belly button slightly inward.
Thursday					
Recovery/Mobility	30 minutes of stretching or mobility training				Focus on slow, controlled movements, especially for the hips and shoulders. Practice deep breathing to promote flexibility and recovery.
Friday					

Light Hyrox simulation (75% intensity)	700 meter run	700 meters			Run at 95% of your intensity, control your pace.
	SkiErg	1000 meters			Maintain a constant speed, focus on pulling efficiently.
	Sled push	50 meters		100-150 kg (depending on gender)	Push your legs explosively, keeping your back straight.
	Sled pull	50 meters		75-125 kg (depending on gender)	Pull the sled backwards, remaining stable and controlled.
	Burpee Broad Jumps	80 meters		Body weight	Jump forward explosively, landing softly on your feet.
	rowing	1000 meters			Make sure you pull evenly and move your legs efficiently.
	Farmer's carry	200 meters		Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Sandbag lunges	100 meters		15-20kg sandbag	Keep your upper body upright and control your stride.
	Wall Balls	100 reps		6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.

Important:	Cycle sequence: 700 meter run to start. Perform the 1000 meter SkiErg followed by 700 meter running. Sled push over 50 meters (100-150 kg depending on gender), then 700 meters of running. Sled pull over 50 meters (75-125 kg depending on gender), then 700 meters of running. 80 meters of burpee broad jumps, then 700 meters of running. 1000 meters rowing, then 700 meters running. 200 meter farmers carry followed by 700 meter run. 100 meters of sandbag lunges, then 700 meters of running. 100 Wall Balls Try to complete everything without taking a break.				
Saturday					
Recovery / active regeneration	30 minutes of easy cycling or walking				Keep the pace relaxed, promote blood circulation and focus on even breathing. Use this time for regeneration and active recovery.
Sunday					
20-30 minutes of easy swimming or walking (Zone 1)					Keep your heart rate in Zone 1. Maintain a relaxed pace to promote recovery. Focus on maintaining a relaxed posture and breathing evenly.
Week 12					
Monday					
Light Hyrox simulation (70% intensity)	700 meter run	700 meters			Run at 95% of your intensity, control your pace.

	SkiErg	1000 meters			Maintain a constant speed, focus on pulling efficiently.
	Sled push	50 meters		100-150 kg (depending on gender)	Push your legs explosively, keeping your back straight.
	Sled pull	50 meters		75-125 kg (depending on gender)	Pull the sled backwards, remaining stable and controlled.
	Burpee Broad Jumps	80 meters		Body weight	Jump forward explosively, landing softly on your feet.
	rowing	1000 meters			Make sure you pull evenly and move your legs efficiently.
	Farmer's carry	200 meters		Heavy weight (depending on fitness level)	Maintain an upright posture, shoulders back, chest out.
	Sandbag lunges	100 meters		15-20kg sandbag	Keep your upper body upright and control your stride.
	Wall Balls	100 reps		6-9 kg medicine ball	Pay attention to the depth of the squat and throw the ball explosively upwards.
Important:	Cycle sequence: 700 meter run to start. Perform the 1000 meter SkiErg followed by 700 meter running. Sled push over 50 meters (100-150 kg depending on gender), then 700 meters of running. Sled pull over 50 meters (75-125 kg depending on gender), then 700 meters of running. 80 meters of burpee broad jumps, then 700 meters of running. 1000 meters rowing, then 700 meters running. 200 meter farmers carry followed by 700 meter run. 100 meters of sandbag lunges, then 700 meters of running. 100 Wall Balls Try to complete everything without taking a break.				
Tuesday					

Recovery/Mobility	30 minutes of light stretching and mobility exercises				Focus on relaxed, slow movements. Focus on areas like hips and shoulders to release tension. Make sure you breathe evenly, deeply.
Wednesday					
Light endurance training	20 minutes of easy jogging (Zone 1-2)				Keep heart rate in zones 1-2, run at a relaxed pace. Make sure you maintain a relaxed posture and breathe evenly to support regeneration.
Thursday					
recreation	Complete rest, mental focus on the day of the competition				Use the day to mentally focus on the upcoming competition. Make sure to relax and avoid stress.
Friday					
Light training	10-15 minutes of easy walking or cycling				Keep the pace easy and relaxed to activate the muscles but without exhaustion. Make sure you maintain a relaxed posture and breathe evenly.

Saturday					
Rest day	Full recovery, focus on carbohydrate intake and hydration (carb loading)				Make sure you consume enough carbohydrates to fill your energy stores. Drink enough water to stay well hydrated. Rest and avoid unnecessary stress.
Sunday					
Competition day	Hyrox Competition: Put all your hard work from the last 12 weeks into the competition!				Do your best, stay mentally strong and remember your training. Focus on fluid movements and clean technique. Enjoy the moment and focus on achieving your goals.

6. Hyrox Pro – 12-Week Plan

The demands on a Hyrox Pro athlete aiming for a time under 1:20 focus on maximal strength, explosiveness, and the ability to quickly transition from one station to the next without losing performance. In this training plan, you'll focus more on strength exercises like weighted dips and pull-ups while continuing to develop your endurance and Hyrox-specific skills.

The weight should always be chosen to challenge you, but it should still allow you to perform the exercises correctly and safely. If your goal is to complete the Hyrox competition in under 1:20, it's crucial to train both strength and endurance equally, to maintain performance across all disciplines.

1RM (One-Rep Max): This is the maximum weight you can safely handle for one repetition. The percentage values indicate how heavy the weight should be in relation to your 1RM. If you don't know your 1RM, choose a weight that feels challenging but doable in the last one to two repetitions of the set.

Regular progression, meaning the gradual increase in weight, can help you become stronger and more resilient, which will benefit you during the competition.

Weeks 1-4: Foundation Building and Strength Focus

Goal: Build strength, foundational endurance, and Hyrox-specific skills. You'll focus on strength exercises like weighted dips, pull-ups, and chin-ups, while also working on improving your technique and endurance in parallel.

Training	Exercises	Sets x reps	Breaks	Weight recommendation	Execution Tips
Week 1					
Monday					
Strength Training (Upper Body - Weighted Dips and Pull-Ups)	Weighted pull ups	4x6	90 second break	Body weight + additional weight	Pull yourself up in a controlled manner, making sure your posture is stable.
	Weighted dips	4x8	90 second break	Body weight + additional weight	Keep your elbows close to your body and press upwards explosively.
	Shoulder press	4x10	60-90 second rest	60-70% of your 1RM	Make sure your shoulders are stable and press upwards in a controlled manner.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Optional: additional weight on the back	Keep your torso stable and ensure a neutral spine.
Tuesday					

Endurance training (interval running)	800 meter sprints (Zone 4)	5x800 meters	2 minutes rest between runs		Run at high intensity (Zone 4). Maintain a constant speed and even breathing.
Wednesday					
Hyrox-specific training	500 meter SkiErg -> 500 meter rowing	4 supersets	2 minutes rest between supersets	1:45 - 2:00 minutes per 500 meters	Focus on smooth and efficient strokes and keep the pace constant.
	50 meter farmers carry -> 15 burpee broad jumps	4 supersets	60 second break	Heavy weight (depending on fitness level)	Make sure you maintain an upright posture when doing the Farmers Carry, and explode forward when doing the Burpee Jumps.
	50 Wall Balls -> 50 Sandbag Lunges	4 supersets	90 second break	6-9kg medicine ball, 15-30kg sandbag	Pay attention to clean technique when doing the wall balls and keep your upper body stable when doing the lunges.
Thursday					
Strength training (lower body)	Squats	4x8	90 second break	60-80% of your 1RM	Keep your back straight, bend your knees deeply and press upwards explosively.
	Deadlift	4x6	90 second break	70-85% of your 1RM	Make sure to keep your back straight and work from your hips.
	Bulgarian split squats	3x12	60 second break	Body weight or light dumbbells	Maintain balance and ensure correct knee alignment.

	Kettlebell swings	3x12	60 second break	16-24kg kettlebell	Explosive hip movement, keep your back straight, swing the kettlebell in a controlled manner.
Friday					
Recovery/Mobility	30 minutes of yoga or mobility training				Focus on slow, controlled movements to improve flexibility and relax muscles. Make sure you breathe deeply, evenly.
Saturday					
Hyrox simulation (80% intensity)	50% of the total length	1 round	no break between stations	Use the pro weights in your gender category	Keep the intensity at 80%, concentrate on technique and clean movement sequences without reaching your maximum load.
Sunday					
Recovery / active regeneration	30 minutes of easy swimming or cycling (Zone 1)				Keep heart rate in Zone 1, move at an easy pace to promote blood flow and aid recovery. Make sure you breathe evenly and have a relaxed posture.

Week 2					
Monday					
Unit 1					
Strength training (full body)	Weighted Chin Ups	4x6	90 second break	Body weight + additional weight	Pull yourself up in a controlled manner, ensuring a stable posture.
	Weighted dips	4x8	90 second break	Body weight + additional weight	Keep your elbows close to your body and press upwards explosively.
	Bench press	3x8	60-90 second rest	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Optional: light additional weight	Ensure controlled trunk rotation and keep your upper body stable.
Unit 2					
Endurance training (cross-country skiing)	14km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Tuesday					
Hyrox-Specific Training (EMOM)	SkiErg (500 meters)	4 supersets	EMOM: every minute, rest time remaining after exercise is completed	1:45 - 2:00 minutes per 500 meters	Pay attention to efficient moves and constant speed, keep the focus on technique.
	Farmer's carry (200 meters)	4 supersets		24 - 32 kg kettlebells	Keep your upper body stable, shoulders back, chest out.
	Sandbag Lunges (30 steps)	4 supersets		20 - 30 kg sand bag	Pay attention to stability in the hips and control the movements.

	Rowing (500 meters)	4 supersets		1:45 - 2:00 minutes per 500 meters	Focus on consistent pulling and efficient leg movements.
note	EMOM (Every Minute On the Minute) means that you start each exercise as soon as the minute starts and take the remaining time until the next minute as a break. This helps increase the pace and make the intervals more efficient.				
Wednesday					
Endurance training (cross-country skiing)	16km easy run (Zone 2)				Keep heart rate in Zone 2, run at a relaxed pace to train basic endurance. Make sure you breathe evenly and have a relaxed posture.
Thursday					
Strength training (upper body)	Bent Over Rows	4x8	60-90 second rest	60-70% of your 1RM	Keeping your back straight, pull the dumbbell toward your hips, not your chest.
	Weighted dips	4x10	60-90 second rest	Body weight + additional weight	Make sure your elbows stay close to your body and press upwards explosively.
	Chin ups	3x10	60-90 second rest	Body weight or slight additional weight	Pull yourself up in a controlled manner, ensuring a stable posture.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Optional: additional weight	Keep your torso stable and ensure a neutral spine.
Friday					

Recovery/Mobility	30 minutes of yoga or stretching				Focus on slow, controlled movements to improve flexibility and relax muscles. Make sure you breathe evenly to promote recovery.
Saturday					
Hyrox simulation (80% intensity)	60% of the total length	1 round	no break between stations	Use the pro weights in your gender category	Perform all exercises and runs of the Hyrox competition, but reduce the total length to 60%. Keep the intensity at 80%, focus on clean technique and efficiency without reaching your maximum load.
Sunday					
Recovery / active regeneration	30 minutes easy swim or walk (Zone 1)				Keep heart rate in Zone 1, move at a relaxed pace to promote recovery. Make sure you breathe evenly and have a relaxed posture.
Week 3					
Monday					
Unit 1					

Strength training (full body)	Weighted pull ups	4x6	90 second break	Body weight + additional weight	Pull yourself up in a controlled manner, ensuring a stable posture.
	Bench press	4x8	60-90 second rest	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Squats	4x8	90 second break	60-80% of your 1RM	Keep your back straight, bend your knees deeply and press upwards explosively.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Optional: light additional weight	Ensure controlled trunk rotation and keep your upper body stable.
Unit 2					
Endurance training (cross-country skiing)	10km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Tuesday					
Endurance training (interval running)	Running in	2km			Run at an easy pace (Zone 1-2) to prepare the body.
	1000 meter sprints (Zone 4)	6x1000 meters	2 minutes rest between runs		Run at high intensity (Zone 4). Maintain a constant speed and even breathing.
	Expire	2km			End the workout with an easy run (Zone 1-2) to initiate recovery.
Wednesday					

Hyrox-Specific Training (EMOM)	SkiErg (500 meters)	4 supersets	EMOM: every minute, rest time remaining after exercise is completed	1:45 - 2:00 minutes per 500 meters	Focus on efficient pulling technique and a steady pace.
	Rowing (500 meters)	4 supersets	EMOM: every minute, rest time remaining after exercise is completed	1:45 - 2:00 minutes per 500 meters	Focus on smooth leg movements and constant pulling.
	Farmer's carry (100 meters)	4 supersets	EMOM: every minute, rest time remaining after exercise is completed	24 - 32 kg kettlebells	Maintain an upright posture, shoulders back, chest out.
	Sandbag Lunges (20 steps)	4 supersets	EMOM: every minute, rest time remaining after exercise is completed	15-30kg sandbag	Pay attention to hip stability and controlled movements.
	Burpee Broad Jumps (20 jumps)	4 supersets	EMOM: every minute, rest time remaining after exercise is completed	Body weight	Explode on the jumps and land softly on your feet.
Thursday					
Unit 1					
Strength training (lower body)	Deadlift	4x6	90 second break	70-85% of your 1RM	Make sure to keep your back straight and perform the movement in a controlled manner from the hips.
	Bulgarian split squats	4x10	60-90 second rest	Body weight or light dumbbells	Maintain balance, pay attention to knee alignment and controlled steps.
	Kettlebell swings	3x10	60 second break	16-24kg kettlebell	Explosive hip movement, keep your back straight and control the movement.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Optional: additional weight	Maintain a neutral spine, pull your belly button in, and keep your torso stable.

Unit 2					
Endurance training (cross-country skiing)	10km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Friday					
Recovery/Mobility	30 minutes of yoga or stretching				Focus on slow, controlled movements to improve flexibility and relax muscles. Practice deep, even breathing to promote recovery.
Saturday					
Endurance training (interval running)	Running in	2km			Run at an easy pace (Zone 1-2) to prepare the body.
	800 meter sprints (Zone 4)	8x800 meters	Jumping squats first and then a 2 minute break between runs		Run at high intensity (Zone 4). Maintain a constant speed and even breathing.
	Jumping squats	50			Make sure you keep your back straight and jump explosively.
	Expire	2km			End the workout with an easy run (Zone 1-2) to initiate recovery.
Sunday					

Endurance training (cross-country skiing)	18km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Week 4					
Monday					
Strength training (upper body)	Weighted Chin Ups	4x6	90 second break	Body weight + additional weight	Pull yourself up in a controlled manner, keeping your body stable.
	Weighted dips	4x8	90 second break	Body weight + additional weight	Keep your elbows close to your body and press upwards explosively.
	Bench press	4x8	60-90 second rest	70-75% of your 1RM	Control the downward movement, keeping your elbows slightly bent.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Optional: light additional weight	Ensure controlled trunk rotation and keep your upper body stable.
Tuesday					
Unit 1					
Hyrox-specific training	SkiErg (1000 meters)	4 sentences	2 minutes break between exercises	1:45 - 2:00 minutes per 500 meters	Focus on even strokes and a constant pace.
	Rowing (1000 meters)	4 sentences	2 minute break	1:45 - 2:00 minutes per 500 meters	Efficient leg movement, pull the rowing handles back evenly.
	Farmer's carry (200 meters)	4 sentences	2 minute break	24 - 32 kg kettlebells	Keep your upper body stable, shoulders back, chest out.
	Burpee Broad Jumps	4x20	2 minute break	Body weight	Explode on the jumps and land softly on your feet.

	Wall Balls	4x50	2 minute break	6-9 kg medicine ball	Make sure you squat cleanly and throw the ball explosively upwards.
Unit 2					
Endurance training (cross-country skiing)	10km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Wednesday					
Endurance training (cross-country skiing)	15km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Thursday					
Strength training (lower body)	Squats	4x8	90 second break	60-80% of your 1RM	Keep your back straight, bend your knees deeply and press upwards explosively.
	Deadlift	4x8	90 second break	70-85% of your 1RM	Make sure to keep your back straight and move from the hips.
	Bulgarian split squats	3x12	60-90 second rest	Body weight or light dumbbells	Maintain balance, pay attention to knee alignment and control your steps.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Optional: additional weight	Maintain a neutral spine, pull your belly button in, and keep your torso stable.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Optional: light additional weight	Ensure controlled trunk rotation and keep your upper body stable.

Friday					
30 minutes of yoga or mobility training					Focus on slow, controlled movements to improve flexibility and mobility. Practice deep, even breathing to promote relaxation.
Saturday					
Endurance training (interval running)	Running in	2km			Run at an easy pace (Zone 1-2) to prepare the body.
	800 meter sprints (Zone 4)	8x800 meters	Jumping squats first and then a 2 minute break between runs		Run at high intensity (Zone 4). Maintain a constant speed and even breathing.
	Jumping squats	50			Make sure you keep your back straight and jump explosively.
	Expire	2km			End the workout with an easy run (Zone 1-2) to initiate recovery.
Sunday					
Endurance training (cross-country skiing)	20km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.

Weeks 5-8: Performance Enhancement and Explosiveness

During weeks 5 to 8, the focus is on further improving your explosive power, endurance, and Hyrox-specific skills. Emphasis is placed on heavy strength exercises such as weighted pull-ups, dips, and squats, while the intensity of the Hyrox simulations increases. In this phase, you'll work more intensely to take your performance to the next level and develop the explosiveness required for Hyrox Pro.

Week 5					
Monday					
Unit 1					
Strength training (upper body – focus on explosiveness)	Weighted pull ups	4x6	90 second break	Body weight + additional weight	Pull yourself up explosively, making sure your posture is stable.
	Weighted dips	4x8	90 second break	Body weight + additional weight	Make sure to carry out the movement quickly but in a controlled manner.
	Bench press	4x8	60-90 second rest	70-75% of your 1RM	Execute the downward movement in a controlled manner and press upwards explosively.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Optional: light additional weight	Make sure you rotate quickly but controlled and keep your torso stable.
Unit 2					
Endurance training	10km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Tuesday					
Endurance training (interval running)	Running in	2km			Run at an easy pace (Zone 1-2) to warm up the body.

	1000 meter runs (Zone 4)	6x1000 meters	2 minutes rest between runs		Run in Zone 4 (high intensity), maintaining a consistent pace and focusing on steady breathing.
	Expire	2km			End the training with a relaxed run (Zone 1-2) to initiate recovery.
Wednesday					
Hyrox-specific training	SkiErg (1000 meters)	4 sentences	2 minutes break between exercises	1:45 - 2:00 minutes per 500 meters	Focus on even strokes and a constant pace.
	Farmer's carry (200 meters)	4 sentences	2 minute break	24 - 32 kg kettlebells	Maintain an upright posture, shoulders back, chest out.
	Burpee Broad Jumps	4x20	2 minute break	Body weight	Explode on the jumps and land softly on your feet.
	Wall Balls	4x50	2 minute break	6-9 kg medicine ball	Make sure you squat cleanly and throw the ball explosively upwards.
Thursday					
Endurance training (cross-country skiing)	16km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Friday					
30 minutes of yoga or mobility training					Focus on slow, controlled movements to promote flexibility and recovery. Make sure you breathe evenly, deeply and focus particularly on the hips and shoulders.

Saturday					
Hyrox simulation (80% intensity)	Full competition distance	1 round	no break between stations	Use the pro weights in your gender category. Optional is a 10% weight increase on the per weights.	Keep the intensity at 80%, concentrate on clean technique and fluid movements. This is a moderate simulation of full Hyrox competition.
Sunday					
Recovery / active regeneration	30 minutes of easy swimming or cycling (Zone 1)				Keep heart rate in Zone 1, move at a relaxed pace to promote recovery. Make sure you breathe evenly and have a relaxed posture.
Week 6					
Monday					
Unit 1					
Strength training (upper body – explosiveness and power)	Weighted pull ups	4x8	90 second break	Body weight + additional weight	Pull yourself up explosively, making sure your posture is stable.
	Weighted dips	4x8	90 second break	Body weight + additional weight	Perform the movement quickly but in a controlled manner.
	Shoulder press	4x8	60-90 second rest	60-70% of your 1RM	Press controlled and explosively, keeping your shoulders stable.
	Planks (core)	3x60 seconds	30 second break	Optional: additional weight on the back	Keep your core stable and ensure a neutral spine.
	Leg Raises (Core)	3x60 seconds	30 second break	Body weight	Perform the movement slowly and in a controlled manner, paying

					attention to the hip movement.
Unit 2					
Endurance training	10km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Tuesday					
Hyrox-specific training	500 meter SkiErg -> 500 meter rowing	4 supersets	120 second break	1:45 - 2:00 minutes per 500 meters	Focus on efficient strokes and even breathing during both exercises.
	50 meter farmers carry -> 15 burpee broad jumps	4 supersets	60-90 second rest	Heavy weight (depending on fitness level)	Maintain an upright posture when doing farmers carries, explode when doing burpees.
	50 Wall Balls -> 50 Sandbag Lunges	4 supersets	60-90 second rest	6-9kg medicine ball, 15-30kg sandbag	Make sure you do deep squats for wall balls and stable steps for lunges.
Wednesday					
Endurance training (cross-country skiing)	18km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Thursday					
Strength training (lower body – explosiveness)	Squats	4x8	90 second break	60-80% of your 1RM	Make sure you do deep squats, exploding upwards as you stand up.
	Deadlift	4x8	90 second break	70-85% of your 1RM	Keep your back straight and carry out the movement in a controlled manner from the hips.

	Bulgarian split squats	3x12	60-90 second rest	Body weight or light dumbbells	Pay attention to stable steps and knee alignment.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Optional: light additional weight	Maintain controlled trunk rotation and stable posture.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Optional: additional weight	Keep your core stable, pull your belly button in, and keep your spine neutral.
Friday					
Recovery/Mobility	30 minutes of yoga or light mobility training				Focus on slow, controlled movements to improve flexibility and relax muscles. Pay particular attention to hip and shoulder mobility.
Saturday					
Endurance training (interval running)	Running in	2km			Run at an easy pace (Zone 1-2) to prepare the body.
	800 meter sprints (Zone 4)	10x400 meters	Jumping squats first and then a 2 minute break between runs		Run at high intensity (Zone 4). Maintain a constant speed and even breathing.
	Jumping squats	50			Make sure you keep your back straight and jump explosively.
	Expire	2km			End the workout with an easy run (Zone 1-2) to initiate recovery.
Sunday					

Endurance training	12km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Week 7					
Monday					
Strength training (upper body – explosiveness and power)	Weighted pull ups	4x6	90 second break	Body weight + additional weight	Pull yourself up in a controlled and explosive manner, keeping your body stable.
	Weighted dips	4x8	90 second break	Body weight + additional weight	Make sure to keep your elbows close to your body, press upward explosively.
	Bench press	4x10	60-90 second rest	70-75% of your 1RM	Execute the downward movement in a controlled manner and press the dumbbell upwards explosively.
	Planks (core)	3x60 seconds	30 second break	Optional: additional weight on the back	Make sure your spine is neutral and your torso is stable.
	Leg Raises (Core)	3x60 seconds	30 second break	Body weight	Perform the exercise slowly and in a controlled manner, paying attention to the hip movement.
Tuesday					
Endurance training (interval running)	Running in	2km			Run at an easy pace (Zone 1-2) to warm up the body.
	1000 meter runs (Zone 4)	5x1000 meters	2 minutes rest between runs		Run in Zone 4 (high intensity), maintaining a consistent pace and focusing on steady breathing.

	Expire	2km			End the training with a relaxed run (Zone 1-2) to initiate recovery.
Wednesday					
Hyrox-specific training	SkiErg (1000 meters)	3 sentences	2 minutes break between exercises	1:45 - 2:00 minutes per 500 meters	Focus on even strokes and a constant pace.
	Rowing (1000 meters)	3 sentences	2 minute break	1:45 - 2:00 minutes per 500 meters	Focus on smooth leg movements and efficient pulling.
	Farmer's carry (200 meters)	3 sentences	2 minute break	24 - 32 kg kettlebells	Keep your upper body stable, shoulders back, chest out.
	Sled push	3x20 meters	2 minute break	150-200 kg (depending on gender and fitness level)	Push the sled with a low posture, using your legs for explosive thrust.
	Sled pull	3x20 meters	2 minute break	100-150 kg (depending on gender and fitness level)	Pull the sled backwards in a controlled manner, using your legs to maintain stability.
	Burpee Broad Jumps	3x20	2 minute break	Body weight	Explode on the jumps and land softly on your feet.
	Wall Balls	3x75	2 minute break	6-9 kg medicine ball	Make sure you bend your knees deeply and throw the ball explosively upwards.
Thursday					

Recovery/Mobility	30 minutes of yoga or stretching				Focus on slow, controlled movements to promote flexibility and relax muscles. Make sure you breathe evenly, deeply to aid recovery.
Friday					
Hyrox simulation (90% intensity)	Full competition distance	1 round	no break between stations	Use the pro weights in your gender category. Optional is a 20% weight increase on the per weights.	Keep the intensity at 90%, focus on clean technique and quick transitions. This is a simulation of full Hyrox competition with high intensity.
Saturday					
Recovery / active regeneration	30 minutes of easy swimming or cycling (Zone 1)				Keep heart rate in Zone 1, move at a relaxed pace to promote recovery. Make sure you breathe evenly and have a relaxed posture.
Sunday					
Strength training (lower body – explosiveness and endurance)	Squats	4x8	90 second break	60-80% of your 1RM	Keep your back straight, bend your knees deeply and press upwards explosively.
	Deadlift	4x8	90 second break	70-85% of your 1RM	Keep your back stable and perform the movement from your hips.
	Bulgarian split squats	3x12	60-90 second rest	Body weight or light dumbbells	Make sure your knee alignment is stable and control the movements.

	Russian Twists (Core)	3x60 seconds	30 second break	Optional: light additional weight	Make sure you rotate cleanly and keep your torso stable.
	Planks (core)	3x60 seconds	30 second break	Optional: additional weight	Maintain a neutral spine and draw your belly button inward.
Week 8					
Monday					
Unit 1					
Strength training (upper body – explosiveness and power)	Weighted pull ups	4x8	90 second break	Body weight + additional weight	Pull yourself up explosively, making sure your posture is stable.
	Weighted dips	4x8	90 second break	Body weight + additional weight	Perform the movement quickly but in a controlled manner.
	Shoulder press	4x8	60-90 second rest	60-70% of your 1RM	Press controlled and explosively, keeping your shoulders stable.
	Planks (core)	3x60 seconds	30 second break	Optional: additional weight on the back	Keep your core stable and ensure a neutral spine.
	Leg Raises (Core)	3x60 seconds	30 second break	Body weight	Perform the movement slowly and in a controlled manner, paying attention to the hip movement.
Unit 2					
Endurance training	10km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Tuesday					
Hyrox-specific training	500 meter SkiErg -> 500 meter rowing	4 supersets	120 second break	1:45 - 2:00 minutes per 500 meters	Focus on efficient strokes and even breathing during both exercises.

	50 meter farmers carry -> 15 burpee broad jumps	4 supersets	60-90 second rest	Heavy weight (depending on fitness level)	Maintain an upright posture when doing farmers carries, explode when doing burpees.
	50 Wall Balls -> 50 Sandbag Lunges	4 supersets	60-90 second rest	6-9kg medicine ball, 15-30kg sandbag	Make sure you do deep squats for wall balls and stable steps for lunges.
Wednesday					
Endurance training (cross-country skiing)	18km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Thursday					
Strength training (lower body – explosiveness)	Squats	4x8	90 second break	60-80% of your 1RM	Make sure you do deep squats, exploding upwards as you stand up.
	Deadlift	4x8	90 second break	70-85% of your 1RM	Keep your back straight and carry out the movement in a controlled manner from the hips.
	Bulgarian split squats	3x12	60-90 second rest	Body weight or light dumbbells	Pay attention to stable steps and knee alignment.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Optional: light additional weight	Maintain controlled trunk rotation and stable posture.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Optional: additional weight	Keep your core stable, pull your belly button in, and keep your spine neutral.
Friday					

Recovery/Mobility	30 minutes of yoga or light mobility training				Focus on slow, controlled movements to improve flexibility and relax muscles. Pay particular attention to hip and shoulder mobility.
Saturday					
Endurance training (interval running)	Running in	2km			Run at an easy pace (Zone 1-2) to prepare the body.
	800 meter sprints (Zone 4)	10x400 meters	Jumping squats first and then a 2 minute break between runs		Run at high intensity (Zone 4). Maintain a constant speed and even breathing.
	Jumping squats	50			Make sure you keep your back straight and jump explosively.
	Expire	2km			End the workout with an easy run (Zone 1-2) to initiate recovery.
Sunday					
Endurance training	12km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.

Weeks 9-12: Fine-Tuning and Tapering

In the final four weeks of your training, the focus is on stabilizing your maximum performance and ensuring that you're rested and in peak form for the competition. During this phase, we'll gradually reduce the intensity and concentrate on tapering, giving your body enough time to recover and be ready for peak performance. The Hyrox simulations will continue to play a key

role, but with an increased emphasis on technique, speed, and efficiency in transitions between stations.

Week 9					
Monday					
Hyrox simulation (90% intensity)	Full competition distance	1 round	no break between stations	Use the pro weights in your gender category. Optional is a 20% weight increase on the per weights.	Keep the intensity at 90%, focus on clean technique and quick transitions. This is a simulation of full Hyrox competition with high intensity.
Tuesday					
Strength training (upper body – maximum strength)	Weighted pull ups	4x6	90 second break	Body weight + additional weight	Pull yourself up in a controlled and explosive manner, ensuring a stable posture.
	Weighted dips	4x6	90 second break	Body weight + additional weight	Keep your elbows close to your body and press upwards explosively.
	Bench press	4x8	60-90 second rest	70-80% of your 1RM	Execute the downward movement in a controlled manner and press the dumbbell upwards explosively.
	Russian Twists (Core)	3x60 seconds	30 second break	Optional: light additional weight	Make sure you rotate cleanly and keep your torso stable.
	Planks (core)	3x60 seconds	30 second break	Optional: additional weight on the back	Keep your core stable, pull your belly button in, and maintain a neutral spine.
Wednesday					

Endurance training (tempo running)	Running in	2km			Run at an easy pace (Zone 1-2) to warm up the body.
	1000 meter runs (Zone 3-4)	4x1000 meters	2 minutes rest between runs		Run at moderate intensity (Zone 3-4), focusing on a steady pace and breathing.
	Expire	2km			End the workout with an easy run (Zone 1-2) to initiate recovery.
Thursday					
Recovery/Mobility	30 minutes of light stretching or mobility training				Focus on slow, controlled movements to improve flexibility and relax muscles. Focus on breathing and mobility of the hips, shoulders, and back.
Friday					
Endurance training (cross-country skiing)	18km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Saturday					
Hyrox-specific training	500 meter SkiErg -> 500 meter rowing	4 supersets	120 second break	1:45 - 2:00 minutes per 500 meters	Focus on efficient strokes and even breathing during both exercises.
	50 meter farmers carry -> 15 burpee broad jumps	4 supersets	60-90 second rest	24 - 32kg kettlebells	Maintain an upright posture when doing farmers carries, explode when doing burpees.

	50 Wall Balls -> 50 Sandbag Lunges	4 supersets	60-90 second rest	6-9kg medicine ball, 15-30kg sandbag	Make sure you do deep squats for wall balls and stable steps for lunges.
Sunday					
Recovery/Mobility	30 minutes of light stretching or yoga				Perform relaxed, controlled movements to improve flexibility and stretch muscles. Focus on deep breathing and complete relaxation to promote recovery.
Week 10					
Monday					
Hyrox simulation (90% intensity)	Full competition distance	1 round	no break between stations	Use the pro weights in your gender category. Optional is a 20% weight increase on the per weights.	Keep the intensity at 90%, focus on clean technique and quick transitions. This is a simulation of full Hyrox competition with high intensity.
Tuesday					
Strength training (upper body – maximum strength)	Weighted pull ups	4x6	90 second break	Body weight + additional weight	Pull yourself up in a controlled and explosive manner, ensuring a stable posture.
	Weighted dips	4x6	90 second break	Body weight + additional weight	Keep your elbows close to your body and press upwards explosively.
	Bench press	4x8	60-90 second rest	70-80% of your 1RM	Execute the downward movement in a controlled manner and press the dumbbell upwards explosively.

	Russian Twists (Core)	3x60 seconds	30 second break	Optional: light additional weight	Make sure you rotate cleanly and keep your torso stable.
	Planks (core)	3x60 seconds	30 second break	Optional: additional weight on the back	Keep your core stable, pull your belly button in, and maintain a neutral spine.
Wednesday					
Endurance training (tempo running)	Running in	2km			Run at an easy pace (Zone 1-2) to warm up the body.
	1000 meter runs (Zone 3-4)	6x8000 meters	2 minutes rest between runs		Run at moderate intensity (Zone 3-4), focusing on a steady pace and breathing.
	Expire	2km			End the workout with an easy run (Zone 1-2) to initiate recovery.
Thursday					
Recovery/Mobility	30 minutes of light stretching or mobility training				Focus on slow, controlled movements to improve flexibility and relax muscles. Focus on breathing and mobility of the hips, shoulders, and back.
Friday					
Endurance training (cross-country skiing)	15km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Saturday					

Hyrox-specific training	500 meter SkiErg -> 500 meter rowing	4 supersets	120 second break	1:45 - 2:00 minutes per 500 meters	Focus on efficient strokes and even breathing during both exercises.
	50 meter farmers carry -> 15 burpee broad jumps	4 supersets	60-90 second rest	Heavy weight (depending on fitness level)	Maintain an upright posture when doing farmers carries, explode when doing burpees.
	50 Wall Balls -> 50 Sandbag Lunges	4 supersets	60-90 second rest	6-9kg medicine ball, 15-30kg sandbag	Make sure you do deep squats for wall balls and stable steps for lunges.
Sunday					
Endurance training	10km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Week 11					
Monday					
Hyrox simulation (90% intensity)	Full competition distance	1 round	no break between stations	Use the pro weights in your gender category.	Keep the intensity at 90%, focus on clean technique and quick transitions. This is a simulation of full Hyrox competition with high intensity.
Tuesday					
Strength training (lower body – explosiveness)	Squats	4x8	90 second break	60-80% of your 1RM	Make sure you do deep squats, exploding upwards as you stand up.
	Deadlift	4x8	90 second break	70-85% of your 1RM	Keep your back straight and carry out the movement in a controlled manner from the hips.

	Bulgarian split squats	3x12	60-90 second rest	Body weight or light dumbbells	Pay attention to stable steps and knee alignment.
	Russian Twists (Core)	3x60 seconds	30 seconds rest between exercises	Optional: light additional weight	Maintain controlled trunk rotation and stable posture.
	Planks (core)	3x60 seconds	30 seconds rest between exercises	Optional: additional weight	Keep your core stable, pull your belly button in, and keep your spine neutral.
Wednesday					
Endurance training (cross-country skiing)	15km easy run (Zone 2)				Keep your heart rate in Zone 2, breathe evenly, and run at a comfortable pace.
Thursday					
Hyrox-specific training	500 meter SkiErg -> 500 meter rowing	4 supersets	120 second break	1:45 - 2:00 minutes per 500 meters	Focus on efficient strokes and even breathing during both exercises.
	50 meter farmers carry -> 15 burpee broad jumps	4 supersets	60-90 second rest	24 - 32kg kettlebells	Maintain an upright posture when doing farmers carries, explode when doing burpees.
	50 Wall Balls -> 50 Sandbag Lunges	4 supersets	60-90 second rest	6-9kg medicine ball, 15-30kg sandbag	Make sure you do deep squats for wall balls and stable steps for lunges.
Friday					
Endurance training (interval running)	Running in	2km			Run at an easy pace (Zone 1-2) to prepare the body.
	800 meter sprints (Zone 4)	8x400 meters	Jumping squats first and then a 2 minute break between runs		Run at high intensity (Zone 4). Maintain a constant speed and even breathing.

	Jumping squats	50			Make sure you keep your back straight and jump explosively.
	Expire	2km			End the workout with an easy run (Zone 1-2) to initiate recovery.
Saturday					
Recovery / active regeneration					Move at a relaxed pace, keeping your heart rate in Zone 1 to support recovery. Pay attention to even breathing and relaxed movements.
Sunday					
Rest/rest	20-30 minutes of light exercise (walk or yoga)				Use gentle movements to promote blood circulation and relax the body. Keep breathing deep and even to aid recovery.

Week 12: Tapering and Final Preparations

Goal: Your body should be fully recovered while maintaining your fitness. Training sessions are now shorter and less intense to ensure that you are in peak condition on competition day.

Week 12					
Monday					
Hyrox simulation (90% intensity)	70% of the total distance	1 round	no break between stations	Use the pro weights in your gender category.	Keep the intensity at 90%, focus on clean technique and quick transitions.
Tuesday					
Recovery/Mobility	30 minutes of light stretching and mobility training				Focus on slow, controlled movements to improve flexibility and gently stretch muscles. Breathe in and out deeply to promote relaxation. Pay particular attention to your hips, shoulders and back.
Wednesday					
Light endurance training	10km easy run (Zone 2)				Run at a relaxed pace, keeping your heart rate in zones 1-2. Focus on steady breathing and a relaxed running posture to gently activate the muscles.
Thursday					
Hyrox-specific training	500 meter SkiErg -> 500 meter rowing	2 supersets	120 second break	1:45 - 2:00 minutes per 500 meters	Focus on efficient strokes and even breathing during both exercises.
	50 meter farmers carry -> 15 burpee broad jumps	2 supersets	60-90 second rest	Heavy weight (depending on fitness level)	Maintain an upright posture when doing farmers carries, explode when doing burpees.

	50 Wall Balls -> 50 Sandbag Lunges	2 supersets	60-90 second rest	6-9kg medicine ball, 15-30kg sandbag	Make sure you do deep squats for wall balls and stable steps for lunges.
Friday					
Recovery/Mobility	30 minutes of light stretching and mobility training				Focus on slow, controlled movements to improve flexibility and gently stretch muscles. Breathe in and out deeply to promote relaxation. Pay particular attention to your hips, shoulders and back.
Saturday					
Activation training	5km easy run (Zone 1 - 2)				Focus on full recovery. Make sure you consume enough carbohydrates and drink plenty of water to optimally prepare your body for the competition. Use the day to mentally relax and focus on the competition.
Sunday					

Hyrox Pro competition	Full competition distance				Do your best! Focus on clean technique and efficient movements. Think about all the training principles you've developed over the last 12 weeks and implement them today. Keep your breathing calm and mentally focus on each station.
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Summary of Weeks 9-12:

The final four weeks prepare you optimally for the competition by gradually reducing intensity and volume, ensuring that your body is in peak form. The tapering phase provides sufficient recovery while maintaining the performance you have built up.

MARATHON TRAINING PLANS

7. Sub 4:00 Hour Marathon Plan

The Sub 4-Hour Marathon training plan is designed for runners aiming to complete the 42.195 kilometers in under 4 hours. This program is structured to improve your endurance, speed, and mental strength, enabling you to finish the marathon at an average pace of around 5:40 minutes per kilometer. The plan combines long runs, tempo sessions, interval training, and recovery phases to gradually prepare you for this goal.

Goal and Strategy

To run a marathon in under 4 hours, systematic preparation is essential. In addition to improving your physical fitness, mental strength plays a crucial role. The long runs are designed to build your endurance and help you adapt to the demands of a marathon, while the tempo and interval sessions work to enhance your speed and efficiency.

The 12-week plan assumes that you are already running regularly and can comfortably complete a 10-kilometer run without significant difficulty.

Weeks 1-4: Base Training and Endurance Building

Goal: This phase focuses on building a solid endurance foundation and getting accustomed to longer runs. Speed is not the primary focus at this stage—what’s more important is getting your body used to the increasing demands.

Exercise	Details	Breaks / Cool Down	Execution Tips
Week 1			
Monday			
Interval training + core training	1 km run-in, 6x400 meters at 10 km pace (90 seconds rest), 1 km run-out	Cool down and stretching	Run the intervals at 10 km pace. Make sure you have a consistent speed.
Planks	3x45 second planks		Keep your core stable and pull your belly button in.
Russian Twists	3x30 per page		Control trunk rotation and ensure stable posture.
Tuesday			
Easy running + mobility	8 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run at a relaxed pace, paying attention to deep breathing.
Wednesday			
Tempo running + core training	5 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run with even breathing, pay attention to fluid movements.
Side planks	3x45 seconds per side		Keep your body stable and your hips level.
Bicycle crunches	3x20 per page		Carry out the movement slowly and in a controlled manner.
Thursday			

Cross training + mobility	30 minutes of easy cycling or swimming	Mobility: 15 minutes of yoga	Keep the intensity low to loosen the muscles.
Friday			
Long run	14 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run at an easy pace, focus on endurance.
Saturday			
Recovery run + mobility	6 km slow run (6:30-6:45 min/km)	Mobility: 15 minutes of stretching and foam rolling	Run slowly to loosen your legs and maintain a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 2			
Monday			
Interval training + core training	1 km run-in, 5x800 meters at 10 km pace (90 seconds rest), 1 km run-out	Cool down and stretching	Run the intervals at 10 km pace. Make sure you have a consistent speed.
Planks with leg raises	3x45 second planks		Keep your core stable, pull your belly button in, and perform slow leg movements.
Mountain Climbers	3x20 per page		Execute the movement dynamically but controlled.
Tuesday			
Easy running + mobility	9 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and joint mobilization (hips, thighs)	Run at a relaxed pace, focusing on even breathing.
Wednesday			
Tempo running + core training	6 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your shoulders relaxed.

Side planks with rotation	3x30 seconds per side		Keep your body stable and perform slow, controlled rotations.
Russian Twists	3x20 per page		Maintain stable trunk rotation.
Thursday			
Cross training + mobility	30 minutes of swimming or light cycling	Mobility: 15 minutes of yoga for flexibility and mobility	Keep the intensity low to loosen the muscles.
Friday			
Long run	16 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run at an easy pace, focus on endurance.
Saturday			
Recovery run + mobility	7 km slow run (6:30-6:45 min/km)	Mobility: 15 minutes of stretching and foam rolling	Run slowly to loosen your legs and maintain a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 3			
Monday			
Interval training + core training	1 km run-in, 6x400 meters at 5 km pace (90 seconds rest), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to clean running technique.
Planks	3x45 second planks		Keep your core stable and pull your belly button in.
Leg raises	3x20		Carry out the movement slowly, making sure your legs are controlled.
Tuesday			

Easy running + mobility	10 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes stretching (hips, calves, thighs)	Run relaxed and concentrate on your breathing.
Wednesday			
Tempo running + core training	7 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run with even breathing and keep your upper body in a relaxed position.
Side planks	3x45 seconds per side		Keep your body stable and your hips level.
Bicycle crunches	3x20 per page		Carry out the movement slowly and in a controlled manner.
Thursday			
Cross training + mobility	30 minutes of easy swimming or cycling	Mobility: 15 minutes of yoga for flexibility	When cross-training, make sure your movements are consistent and stretch thoroughly.
Friday			
Long run	18 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed and pay attention to your endurance performance.
Saturday			
Recovery run + mobility	8 km slow run (6:30-6:45 min/km)	Mobility: 15 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 4			
Monday			
Interval training + core training	1 km run-in, 6x400 meters at 5 km pace (90 seconds rest), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to clean technique and a steady pace.

Planks with leg raises	3x45 second planks		Keep your core stable as you lift your legs in a controlled manner.
Mountain Climbers	3x20 per page		Perform the movement in a controlled and dynamic manner without lifting your hips.
Tuesday			
Easy running + mobility	8 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and joint mobilization (focus on hips and legs)	Run at a relaxed pace, paying attention to your breathing.
Wednesday			
Tempo running + core training	7 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	3x30 seconds per side		Keep your body stable and your hips level.
Russian Twists	3x20 per page		Control trunk rotation and maintain a stable posture.
Thursday			
Cross training + mobility	30 minutes of easy swimming or cycling	Mobility: 15 minutes of yoga for flexibility	When cross-training, make sure your movements are consistent and stretch thoroughly.
Friday			
Long run	20 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run at a relaxed pace, focus on endurance performance.
Saturday			
Recovery run + mobility	8 km slow run (6:30-6:45 min/km)	Mobility: 15 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

Weeks 5-8: Performance Enhancement with Strength, Core, and Mobility Training

During weeks 5 to 8, we increase the intensity of training to further improve your speed, endurance, and strength. Core and strength training will be more specifically targeted to support your marathon performance, while mobility exercises will help maintain flexibility and prevent injuries.

Week 5			
Monday			
Interval training + core training	1 km run-in, 5x1000 meters at 10 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your core stable and pull your belly button in.
Leg raises	3x20		Carry out the movement slowly and control the movement of the legs.
Tuesday			
Easy running + mobility	9 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, concentrate on even breathing.
Wednesday			
Tempo running + core training	6 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run with even breathing and keep your posture relaxed.
Side planks with leg raises	3x30 seconds per side		Keep your body stable as you slowly lift your legs.
Russian Twists	3x20		Control trunk rotation and ensure stable posture.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Perform the exercises with clean technique, paying attention to slow, controlled movements.

Friday			
Long run	18 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run at an easy pace, focusing on endurance and steady breathing.
Saturday			
Recovery run + mobility	8 km slow run (6:30-6:45 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run slowly to loosen your legs and maintain a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 6			
Monday			
Interval training + core training	1 km run-in, 6x800 meters at 5 km pace (90 second rest), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your torso stable and perform slow rotations.
Bicycle crunches	3x20 per page		Control the movement and do it slowly.
Tuesday			
Easy running + mobility	10 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes stretching (hips and legs)	Run relaxed, concentrate on calm and even breathing.
Wednesday			
Tempo running + core training	7 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with leg raises	3x30 seconds per side		Keep your body stable and move your legs in a controlled manner.

Leg raises	3x20		Control the position of your legs and carry out the movement slowly.
Thursday			
Strength training + mobility	3x8 squats, 3x10 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	When doing the exercises, pay attention to clean technique and perform each repetition slowly and in a controlled manner.
Friday			
Long run	20 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed and focus on even breathing.
Saturday			
Recovery run + mobility	9 km slow run (6:30-6:45 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 7			
Monday			
Interval training + core training	1 km run-in, 5x1200 meters at 10 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your core stable and pull your belly button in.
Bicycle crunches	3x20		Execute the movement in a controlled manner, paying attention to the rotation of the hips.
Tuesday			
Easy running + mobility	10 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes stretching (hips and legs)	Run relaxed, concentrate on calm and even breathing.

Wednesday			
Tempo running + core training	7 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	3x30 seconds per side		Keep your body stable and ensure consistent rotation.
Russian Twists	3x20		Perform the movement slowly, ensuring stable trunk rotation.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	When doing the exercises, pay attention to clean technique and perform each repetition slowly and in a controlled manner.
Friday			
Long run	22 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed and focus on even breathing.
Saturday			
Recovery run + mobility	9 km slow run (6:30-6:45 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 8			
Monday			
Interval training + core training	1 km run-in, 5x1000 meters at 5 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your torso stable and perform slow rotations.

Mountain Climbers	3x20 per page		Control the movement, keeping your torso stable and your hips at the same height.
Tuesday			
Easy running + mobility	10 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, concentrate on calm and even breathing.
Wednesday			
Tempo running + core training	8 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with leg raises	3x30 seconds per side		Keep your body stable, pay attention to slow leg movements.
Russian Twists	3x20		Control trunk rotation and maintain a stable posture.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	When doing the exercises, pay attention to clean technique and perform each repetition slowly and in a controlled manner.
Friday			
Long run	24 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed and focus on even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:30-6:45 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

Weeks 5-8: Summary

During these weeks, you continue to develop both your endurance and strength as well as your mobility. Core and mobility training ensure you remain stable and help prevent injuries.

Weeks 9-12: Race Preparation and Tapering

In the final four weeks of the marathon training plan, the focus is on solidifying your hard work and preparing your body optimally for race day. The emphasis is on fine-tuning your form and reducing training intensity, ensuring you arrive at the start line fresh and recovered. Mobility and core exercises remain an essential part of the plan to keep you flexible and stable, while strength training is gradually reduced.

Week 9			
Monday			
Interval training + core training	1 km run-in, 4x1200 meters at 10 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your core stable and pull your belly button in.
Leg raises	3x20		Control the position of your legs and ensure slow, even movement.
Tuesday			
Easy running + mobility	10 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, concentrate on calm and even breathing.
Wednesday			
Tempo running + core training	8 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.

Bicycle crunches	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	26 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:30-6:45 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 10			
Monday			
Interval training + core training	1 km run-in, 4x1000 meters at 5 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your torso stable and perform slow rotations.
Russian Twists	3x20 per page		Control trunk rotation and maintain a stable posture.
Tuesday			
Easy running + mobility	10 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, concentrate on calm and even breathing.
Wednesday			

Tempo running + core training	8 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with leg raises	3x30 seconds per side		Keep your body stable, pay attention to slow leg movements.
Bicycle crunches	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	28 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:30-6:45 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 11			
Monday			
Interval training + core training	1 km run-in, 3x1000 meters at 10 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your core stable and pull your belly button in.
Leg raises	3x20		Control the position of your legs and ensure slow, even movement.

Tuesday			
Easy running + mobility	10 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, concentrate on calm and even breathing.
Wednesday			
Tempo running + core training	7 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Bicycle crunches	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Light strength training + mobility	2x8 squats, 2x8 deadlifts	Mobility: 15 minutes of light stretching or yoga	Pay attention to clean technique, perform the exercises with moderate weight and controlled movement.
Friday			
Long run	20 km easy run (6:15-6:30 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	8 km slow run (6:30-6:45 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

Week 12: Tapering and Race Preparation

The final week is dedicated to the tapering phase, ensuring that you are rested and in peak form for race day. You will further reduce the volume of training to allow your body to fully recover while maintaining your fitness.

Week 12			
Monday			
Light interval training + core training	1 km run-in, 3x800 meters at a moderate pace (approx. 10 km pace), 2 minutes break, 1 km run-out	Cool down and stretching	Run the intervals at a moderate pace so as not to put too much strain on the body.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Bicycle crunches	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Tuesday			
Easy running + mobility	8 km easy run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching (focus on relaxation and loosening)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	5 km at marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	2x30 seconds per side		Keep your body stable and make sure you move slowly.
Russian Twists	2x15 per page		Control the movement and do it slowly without rocking.
Thursday			

Light mobility training	20 minutes of light stretching or yoga		Focus on relaxing, gentle movements to loosen the muscles.
Friday			
Activation unit	5 km easy run (6:00-6:30 min/km)	Cool Down: 15 minutes of light stretching and loose movement exercises	Run in a relaxed manner to keep your body moving gently without putting any strain on it.
Saturday			
Rest day			Focus on relaxation, good carb loading and hydration.
Sunday			
Race day – marathon!	Do your best and put all your hard work into action		Start calmly and find your rhythm, stick to your racing tactics.

Summary

The final four weeks focus on solidifying your hard work and preparing your body optimally for the marathon. The tapering phase allows you to fully recover and ensures that you are in peak form on race day. Mobility and core exercises remain important until the end to maintain flexibility, stability, and good running economy.

8. Sub 3:30 Hour Marathon Plan

The Sub 3:30 Marathon training plan is designed for experienced runners aiming to complete the marathon in under 3 hours and 30 minutes. This plan requires a consistent combination of endurance training, speed work, strength training, and mobility exercises to maintain a pace of about 4:58 minutes per kilometer over the entire marathon distance.

Running a marathon in under 3:30 hours requires careful preparation. It's not enough to just run long distances – you also need to work on your pace and ensure that your body is strong and flexible enough to handle the demands of the high speed and duration of the race.

The 12-week plan assumes that you are already running regularly and can comfortably complete distances of at least 15 kilometers.

Weeks 1-4: Foundation Building and Speed Training

Goal: This phase focuses on solidifying your base endurance and internalizing the marathon race pace. Strength training and mobility exercises ensure you build a stable foundation for the more intense weeks ahead.

Exercise	Details	Breaks / Cool Down	Execution Tips
Week 1			
Monday			
Interval training + core training	1 km run-in, 6x800 meters at 5 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Bicycle crunches	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Tuesday			
Easy running + mobility	10 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	6 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.

Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	18 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	8 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 2			
Monday			
Interval training + core training	1 km run-in, 6x1000 meters at 5 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your torso stable and perform slow rotations.
Russian Twists	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Tuesday			
Easy running + mobility	11 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, legs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	7 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.

Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	20 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	9 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 3			
Monday			
Interval training + core training	1 km run-in, 5x1200 meters at 5 km pace (2 minute break), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Bicycle crunches	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Tuesday			

Easy running + mobility	11 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes stretching (hips, legs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	8 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	3x30 seconds per side		Keep your body stable and make sure you move slowly.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	22 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	9 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 4			
Monday			
Interval training + core training	1 km run-in, 6x800 meters at 5 km pace (90 second rest), 1 km run-out	Cool down and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.

Planks with rotation	3x45 seconds		Keep your core stable and ensure slow, controlled rotation.
Mountain Climbers	3x20 per page		Perform the movement slowly and cleanly, making sure your back is stable.
Tuesday			
Easy running + mobility	11 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	8 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	24 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

Weeks 5-8: Increasing Speed and Strength Endurance

During weeks 5 to 8, the training becomes more intense to improve your speed, strength endurance, and overall performance. The long runs get longer and more challenging, while the tempo and interval sessions become tougher to specifically prepare you for the challenge of completing the marathon in under 3:30 hours. Mobility training and core work remain important elements to prevent injuries and improve your efficiency.

Week 5			
Monday			
Interval training + core training	5x1200 meters at 10 km pace (2 minute rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			
Easy running + mobility	11 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	9 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with leg raises	3x30 seconds per side		Keep your body stable and make sure your movements are slow and controlled.
Bicycle crunches	3x20 per page		Control trunk rotation, perform the movement slowly and cleanly.
Thursday			

Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	26 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 6			
Monday			
Interval training + core training	6x800 meters at 5 km pace (90 second rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your core stable and ensure slow, controlled rotation.
Mountain Climbers	3x20 per page		Perform the movement slowly and cleanly, making sure your back is stable.
Tuesday			
Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	10 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.

Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	28 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 7			
Monday			
Interval training + core training	5x1200 meters at 10 km pace (2 minute rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 second planks		Keep your torso stable and ensure correct execution.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			

Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes stretching (hips and legs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	11 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	3x30 seconds per side		Keep your body stable and make sure your movements are slow and controlled.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	30 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 8			
Monday			
Interval training + core training	6x1000 meters at 5 km pace (2 minute break)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.

Planks with rotation	3x45 seconds		Keep your core stable and ensure slow, controlled rotation.
Mountain Climbers	3x20 per page		Perform the movement slowly and cleanly, making sure your back is stable.
Tuesday			
Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	12 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	32 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

Summary of Weeks 5-8

During these weeks, the focus is on longer runs and more intense tempo training. At the same time, mobility and core exercises ensure that you remain flexible and strong. You are preparing to handle longer distances at marathon race pace, while your body is getting ready for the effort required to finish under 3:30 hours.

Weeks 9-12: Race Preparation and Tapering

In the final four weeks of your Sub 3:30 marathon training plan, the focus is on fine-tuning your form, reducing training load, and preparing optimally for race day. This is the tapering phase, where you reduce your training to ensure you arrive at the start well-rested and fresh. Mobility and core training remain important components to ensure you stay injury-free and maximize your efficiency.

Week 9			
Monday			
Interval training + core training	5x1200 meters at 10 km pace (2 minute rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.
Planks	3x45 seconds		Keep your torso stable and ensure correct execution.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			
Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	12 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.

Side planks with rotation	3x30 seconds per side		Keep your body stable and make sure your movements are slow and controlled.
Bicycle crunches	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	30 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 10			
Monday			
Interval training + core training	6x800 meters at 5 km pace (90 second rest)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 5 km pace, paying attention to even breathing and speed.
Planks with rotation	3x45 seconds		Keep your core stable and ensure slow, controlled rotation.
Mountain Climbers	3x20 per page		Perform the movement slowly and cleanly, making sure your back is stable.
Tuesday			

Easy running + mobility	12 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	12 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	32 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	10 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.
Week 11			
Monday			
Interval training + core training	5x1000 meters at 10 km pace (2 minute break)	Cool Down: 10 minutes of easy running and stretching	Run the intervals at 10 km pace, paying attention to even breathing and speed.

Planks	3x45 seconds		Keep your torso stable and ensure clean execution.
Leg raises	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			
Easy running + mobility	10 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (hips, calves, thighs)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	8 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks with rotation	3x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Bicycle crunches	3x20 per page		Carry out the movement slowly and in a controlled manner.
Thursday			
Light strength training + mobility	2x8 squats, 2x6 deadlifts	Mobility: 15 minutes of light stretching or yoga	Perform the exercises with clean technique, paying attention to slow, controlled movements.
Friday			
Long run	22 km easy run (5:45-6:00 min/km)	Cool Down: Stretching and foam rolling for the legs	Run relaxed, focus on your endurance performance and even breathing.
Saturday			
Recovery run + mobility	8 km slow run (6:00-6:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run slowly to loosen your legs and focus on a relaxed posture.
Sunday			
Rest day			Use the day to fully recover.

Week 12: Tapering and Race Preparation

The final week is dedicated to the tapering phase, where training is significantly reduced to ensure that you are well-rested and in peak condition on race day.

Week 12			
Monday			
Light interval training + core training	3x800 meters at a moderate pace (approx. 10 km pace), 2 minutes rest	Cool Down: 10 minutes of easy running and stretching	Run the intervals at a relaxed pace, paying attention to controlled breathing.
Planks	3x45 seconds		Keep your torso stable and ensure clean execution.
Bicycle crunches	3x20 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Tuesday			
Easy running + mobility	8 km easy run (5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus on relaxation and loosening)	Run relaxed, focus on breathing and maintaining an even posture.
Wednesday			
Tempo running + core training	5 km at marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly and keep your posture relaxed.
Side planks	2x30 seconds per side		Keep the body stable, pay attention to slow rotations.
Russian Twists	2x15 per page		Perform the movement slowly and in a controlled manner without gaining momentum.
Thursday			
Rest day / light mobility training	20 minutes of light stretching or yoga		Focus on slow movements and relaxation.
Friday			

Activation unit	5 km easy run (5:45-6:00 min/km)	Cool Down: 15 minutes of light stretching and loose movements	Run at an easy pace to activate your muscles.
Saturday			
Rest day	Focus on relaxation, carb loading and hydration		Prepare mentally and physically for the competition.
Sunday			
Race day – marathon!	Do your best and put all your hard work from the last 12 weeks into action!		Make sure you start evenly, stay positive and focused.

Summary of Weeks 9-12

These final four weeks are crucial for your marathon preparation. While the training is gradually reduced to conserve your energy, mobility and core exercises remain essential to maintain your form. The tapering phase ensures that you are in peak condition on race day and ready to achieve your goal of finishing in under 3:30 hours.

9. Sub 3:00 Hour Marathon Plan

A Sub 3-Hour Marathon training plan is designed for experienced and ambitious runners aiming to break the magical 3-hour barrier in the marathon. This means you need to be able to maintain an average pace of about 4:16 minutes per kilometer over the full distance of 42.195 kilometers. The plan focuses on a combination of endurance, speed, strength training, and mobility work to prepare you physically and mentally for this challenging goal.

Goal and Strategy

Running a marathon in under 3 hours requires comprehensive preparation. You must not only have a solid base endurance but also be able to consistently maintain your race pace throughout the entire distance. The plan follows a structured approach, incorporating long runs, tempo sessions, interval training, and strength and mobility exercises to strengthen your muscles and improve your flexibility.

Weeks 1-4: Base Building and Speed Training

Goal: In the first four weeks, the focus is on building a solid foundation of endurance and speed. Mobility and core exercises help prevent injuries and improve your efficiency.

Exercise	Details	Breaks / Cool Down	Execution Tips
Week 1			
Monday			
Interval training + core	6x1000 meters at 10 km pace	90 seconds break, cool down: 10 minutes of easy running	Run evenly, pay attention to technique
Planks	3x60 seconds		Stabilize your core
Russian Twists	3x20 per page		Execute the rotation in a controlled manner
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves)	Run lightly to recover your legs
Wednesday			
Tempo run + core	8 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace
Side planks with rotation	3x45 seconds		Keep your hips stable
Leg raises	3x20		Execute slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	Make sure you use clean technique when doing strength exercises
Friday			
Long run	22 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly and pay attention to your speed
Saturday			

Recovery run + mobility	10 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run for recovery, then mobility
Sunday			
Rest day			Full recovery
Week 2			
Monday			
Interval training + core	5x1200 meters at 10 km pace	2 minutes break, cool down: 10 minutes of easy running	Run evenly, pay attention to your technique
Planks	3x60 seconds		Stabilize your core, keeping your belly button pulled in
Mountain Climbers	3x20 per page		Maintain a stable posture and pull your knees forward in a controlled manner
Tuesday			
Easy running + mobility	13 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run lightly to recover your legs
Wednesday			
Tempo run + core	9 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and keep your shoulders relaxed
Side planks	3x45 seconds		Keep your hips stable and keep your body line straight
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Make sure you use clean technique when doing the strength exercises and keep your back straight
Friday			

Long run	24 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to your speed and stay relaxed
Saturday			
Recovery run + mobility	11 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 3			
Monday			
Interval training + core	6x1000 meters at 5 km pace	90 seconds break, cool down: 10 minutes of easy running	Pay attention to a steady pace and stable posture
Planks	3x60 seconds		Stabilize your core and pull your belly button in
Bicycle crunches	3x20 per page		Carry out the movement slowly and in a controlled manner
Tuesday			
Easy running + mobility	14 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and legs)	Run lightly to recover your legs
Wednesday			
Tempo run + core	10 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Keep a constant pace and keep your posture relaxed
Side planks	3x45 seconds		Stabilize your hips and keep your body line straight
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			

Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique and keep your back straight
Friday			
Long run	26 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to your speed
Saturday			
Recovery run + mobility	12 kilometers slow pace (approx. 5:15-5:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 4			
Monday			
Interval training + core	6x1000 meters at 5 km pace	90 seconds break, cool down: 10 minutes of easy running	Pay attention to a steady pace and stable posture
Planks with rotation	3x60 seconds		Stabilize your core, keep your hips stable
Mountain Climbers	3x20 per page		Make sure your posture is stable and pull your knees forward in a controlled manner
Tuesday			
Easy running + mobility	14 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run lightly to recover your legs
Wednesday			
Tempo run + core	11 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Keep a constant pace and keep your posture relaxed
Side planks	3x45 seconds		Keep your hips stable and keep your body line straight

Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique and keep your back straight
Friday			
Long run	28 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to your speed
Saturday			
Recovery run + mobility	12 kilometers slow pace (approx. 5:15-5:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 5			
Monday			
Interval training + core	6x1200 meters at 10 km pace	2 minutes break, cool down: 10 minutes of easy running	Make sure you maintain a steady pace and an upright posture
Planks	3x60 seconds		Stabilize your core, keeping your belly button inward
Bicycle crunches	3x20 per page		Carry out the movement in a controlled and slow manner
Tuesday			
15 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run loosely and steadily to help your legs recover	Full rest, relax your body and mind
Wednesday			
Tempo run + core	12 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Keep a constant pace and keep your posture relaxed

Side planks with rotation	3x45 seconds		Stabilize your hips and keep your body line straight
Russian Twists	3x20 per page		Perform the rotation slowly and without momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique when doing strength exercises and keep your back straight
Friday			
Long run	30 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run steadily, focusing on your breathing
Saturday			
Recovery run + mobility	12 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, relax your body and mind
Week 6			
Monday			
Interval training + core	6x1000 meters at 5 km pace	90 seconds break, cool down: 10 minutes of easy running	Pay attention to consistent speed and controlled breathing
Planks	3x60 seconds		Keep your torso stable and pull your belly button inward
Mountain Climbers	3x20 per page		Make sure your posture is stable and pull your knees forward in a controlled manner
Tuesday			

Easy running + mobility	16 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run lightly to recover your legs
Wednesday			
Tempo run + core	13 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Keep a constant pace and pay attention to your breathing
Side planks with leg raises	3x45 seconds		Stabilize your hips and keep your body line straight
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique when doing strength exercises and keep your back straight
Friday			
Long run	32 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to a relaxed posture and breathing
Saturday			
Recovery run + mobility	12 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 7			
Monday			
Interval training + core	6x1200 meters at 10 km pace	2 minutes break, cool down: 10 minutes of easy running	Keep a steady pace, focus on technique
Planks	3x60 seconds		Stabilize your core, pull your belly button in

Bicycle crunches	3x20 per page		Make sure your movement is controlled and slow
Tuesday			
Easy running + mobility	16 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run loosely to relax your muscles
Wednesday			
Tempo run + core	14 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Pay attention to even breathing and a relaxed posture
Side planks	3x45 seconds		Make sure you stay in a straight line and stabilize your hips
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Make sure you use clean technique when doing the exercises and keep your back straight
Friday			
Long run	34 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly and keep a relaxed running posture
Saturday			
Recovery run + mobility	12 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 8			
Monday			

Interval training + core	6x800 meters at 5km pace	90 seconds break, cool down: 10 minutes of easy running	Keep the pace stable and pay attention to technique
Planks with rotation	3x60 seconds		Stabilize core, slow rotations
Mountain Climbers	3x20 per page		Maintain a stable posture and controlled movement
Tuesday			
Easy running + mobility	16 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run lightly to recover
Wednesday			
Tempo run + core	14 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Focus on a steady rhythm and breathing
Side planks	3x45 seconds		Keep your hips stable and your shoulders relaxed
Russian Twists	3x20 per page		Turn slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to the correct technique, especially keeping your back straight
Friday			
Long run	36 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run relaxed, maintain a steady pace
Saturday			
Recovery run + mobility	12 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Recovery run, use the route for active recovery
Sunday			
Rest day			Full rest, focus on relaxation

Summary of Weeks 5-8

This phase brings you closer to your peak performance. Long runs reach their maximum distances, and speed sessions prepare you to maintain your marathon pace of 4:16 minutes/km for an extended period. The integration of mobility and core training remains crucial to keep you flexible, stable, and injury-free.

Weeks 9-12: Race Preparation and Tapering

The final four weeks of your Sub 3-Hour Marathon training plan focus on fine-tuning your form, reducing training load, and preparing for race day. This is the tapering phase, where you reduce your training to ensure that you are well-rested and in peak condition at the start line. Mobility and core training continue to be important for maintaining flexibility and improving efficiency.

Week 9			
Monday			
Interval training + core	5x1200 meters at 10 km pace	2 minutes break, cool down: 10 minutes of easy running	Maintain consistent speed and technique
Planks	3x60 seconds		Keep your torso stable and pull your belly button inwards
Leg raises	3x20		Control the leg movement and keep your back flat
Tuesday			
Easy running + mobility	16 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed to allow your muscles to recover
Wednesday			
Tempo run + core	14 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Focus on maintaining a consistent pace
Side planks with rotation	3x45 seconds		Keep your hips stable and rotate slowly and in a controlled manner
Russian Twists	3x20 per page		Perform the rotation without momentum

Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	When doing the exercises, pay attention to clean technique and keep your back straight
Friday			
Long run	30 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, avoid starting too quickly
Saturday			
Recovery run + mobility	10 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run for active recovery and stay relaxed
Sunday			
Rest day			Full rest, focus on relaxation
Week 10			
Monday			
Interval training + core	6x800 meters at 5km pace	90 seconds break, cool down: 10 minutes of easy running	Run evenly, pay attention to consistent technique
Planks	3x60 seconds		Stabilize the core, keep the body straight
Mountain Climbers	3x20 per page		Make sure your hips are stable and pull your knees in a controlled manner
Tuesday			
Easy running + mobility	14 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed to loosen the muscles
Wednesday			
Tempo run + core	12 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Keep a steady pace, shoulders relaxed

Side planks with rotation	3x45 seconds		Perform the rotations slowly and in a controlled manner
Russian Twists	3x20 per page		Control trunk rotation, keep hips stable
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Make sure you do it cleanly and keep your back straight
Friday			
Long run	28 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run consistently, avoid starting too fast
Saturday			
Recovery run + mobility	10 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, then focus on mobility
Sunday			
Rest day			Full rest, focus on recovery
Week 11			
Monday			
Interval training + core	4x1000 meters at 10 km pace	2 minutes break, cool down: 10 minutes of easy running	Run evenly, pay attention to consistent technique
Planks	3x60 seconds		Stabilize the core, keep the body straight
Leg raises	3x20		Carry out the movement slowly and in a controlled manner
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed to loosen the muscles
Wednesday			

Tempo run + core	10 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Keep a steady pace, shoulders relaxed
Side planks with rotation	3x45 seconds		Perform the rotations slowly and in a controlled manner
Bicycle crunches	3x20 per page		Make sure your hips are stable and your movements are slow
Thursday			
Light strength training + mobility	2x8 squats, 2x6 deadlifts	Mobility: 15 minutes of light stretching or yoga	Perform the movements with lighter weight and correct technique
Friday			
Long run	20 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run consistently, avoid starting too fast
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (5:15-5:30 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, then focus on mobility
Sunday			
Rest day			Full rest, focus on recovery

Week 12: Tapering and Race Preparation

The final week is all about tapering to ensure that you are well-rested and in peak condition when race day arrives.

Week 12			
Monday			
Light interval training + core	3x800 meters at a moderate pace (10 km pace)	2 minutes break, cool down: 10 minutes of easy running	Pay attention to clean technique and a moderate pace

Planks	3x60 seconds		Keep your torso stable, pull your belly button inward
Russian Twists	3x20 per page		Control trunk rotation, avoid momentum
Tuesday			
Easy running + mobility	8 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of light stretching (focus: relaxation)	Run relaxed to recover your legs
Wednesday			
Tempo run + core	5 kilometers at marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Keep a steady pace, shoulders relaxed
Side planks	2x30 seconds		Keep your hips stable and keep your body line straight
Russian Twists	2x15 per page		Carry out the movement slowly and in a controlled manner
Thursday			
Rest day / light mobility training	20 minutes of light stretching or yoga		Focus on relaxation and slow movements
Friday			
Activation unit	5 kilometers at an easy pace (4:45-5:00 min/km)	Cool Down: 15 minutes of light stretching and movement exercises	Stay relaxed, activate the muscles, but avoid exertion
Saturday			
Rest day			Focus on recovery, carb loading, hydration
Sunday			
Race day – marathon	Do your best and put all your hard work into action!		Start at a controlled pace, stay calm and focused

Summary of Weeks 9-12

In these final four weeks, the focus is on tapering and recovery, ensuring that your body is fresh and ready to tackle the challenge of completing the marathon in under 3 hours. Reducing the training volume helps you maintain your performance while ensuring that you are in peak condition on race day.

HALF MARATHON TRAINING PLANS

10. Sub 2:00 Hour Half Marathon

A Sub 2-Hour Half Marathon training plan is designed for runners aiming to complete the 21.1 kilometers in under 2 hours. This means you need to be able to maintain a steady pace of about 5:40 minutes per kilometer throughout the entire distance. The plan combines slow runs, tempo sessions, interval training, as well as strength and mobility exercises to improve your endurance and prepare you to achieve this goal.

Goal and Strategy

A half marathon under 2 hours requires a balanced combination of endurance, speed, and mental strength. Alongside running, it's important to strengthen your core muscles and incorporate mobility exercises into your training to prevent injuries and improve the efficiency of your running technique.

Weeks 1-4: Base Building and Speed Training

Goal: In the first four weeks, the focus is on building your base endurance, developing a stable pace, and preparing your body for longer runs. Mobility and core training are essential components of this phase to keep you flexible and strong.

Exercise	Details	Breaks / Cool Down	Execution Tips
Week 1			
Monday			

Interval training + core	5x400 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly, pay attention to technique
Planks	3x45 seconds		Keep your torso stable, pull your belly button inward
Bicycle crunches	3x20 per page		Perform the movement slowly and in a controlled manner, without momentum
Tuesday			
Easy running + mobility	6 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed to recover your legs
Wednesday			
Tempo run + core	4 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Maintain a consistent pace and relaxed posture
Side planks with rotation	3x45 seconds		Keep your hips stable and control rotation
Russian Twists	3x20 per page		Control the rotation without gaining momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Make sure you use clean technique when doing strength exercises
Friday			
Long run	8 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run relaxed, pay attention to even breathing
Saturday			
Recovery run + mobility	5 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run lightly and then focus on mobility exercises
Sunday			
Rest day			Full recovery

Week 2			
Monday			
Interval training + core	5x600 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly, pay attention to your technique
Planks	3x45 seconds		Keep your torso stable and pull your belly button inward
Mountain Climbers	3x20 per page		Control the movement, keep your hips stable
Tuesday			
Easy running + mobility	7 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run lightly to recover your legs
Wednesday			
Tempo run + core	5 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and relaxed posture
Side planks	3x45 seconds		Stabilize your hips and keep your body line straight
Russian Twists	3x20 per page		Control the rotation without gaining momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Make sure you use clean technique when doing strength exercises
Friday			
Long run	10 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run relaxed, pay attention to even breathing
Saturday			
Recovery run + mobility	6 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run easily and use the run to recover

Sunday			
Rest day			Full recovery, give your body rest
Week 3			
Monday			
Interval training + core	6x400 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run the intervals evenly and pay attention to your technique
Planks	3x45 seconds		Stabilize your core, keeping your hips in a straight line
Leg raises	3x20		Do the leg raises slowly and in a controlled manner
Tuesday			
Easy running + mobility	7 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips and legs)	Run lightly to regenerate your legs
Wednesday			
Tempo run + core	6 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Keep a constant pace, relax your shoulders
Side planks	3x45 seconds		Stabilize your hips and make sure you breathe evenly
Russian Twists	3x20 per page		Make sure you rotate in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Make sure you use clean technique when doing strength exercises
Friday			
Long run	12 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run relaxed, pay attention to even breathing
Saturday			

Recovery run + mobility	6 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run lightly to regenerate your legs
Sunday			
Rest day			Treat yourself to full rest, relax
Week 4			
Monday			
Interval training + core	5x600 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Pay attention to a constant pace and good running technique
Planks with rotation	3x45 seconds		Stabilize your core and turn in a controlled manner
Mountain Climbers	3x20 per page		Pull your knees towards your chest in a controlled manner and keep your back stable
Tuesday			
Easy running + mobility	8 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed and concentrate on breathing evenly
Wednesday			
Tempo run + core	6 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Keep a steady pace and relax your shoulders
Side planks	3x45 seconds		Keep your hips stable and keep your body line straight
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Make sure you use clean technique when doing strength exercises
Friday			

Long run	14 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run relaxed, keep a constant speed
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Treat yourself to full rest, relax

Weeks 5-8: Increasing Endurance and Intensity

During weeks 5 to 8, the training becomes more demanding. The long runs get longer, and the interval and tempo sessions become more intense to further develop your endurance and speed for the Sub 2-Hour Half Marathon goal. Strength and mobility training remain important to strengthen your muscles and improve flexibility.

Week 5			
Monday			
Interval training + core	6x400 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly, pay attention to good running technique
Planks	3x45 seconds		Stabilize your core, keep your body in one line
Bicycle crunches	3x20 per page		Carry out the movement slowly and in a controlled manner
Tuesday			
Easy running + mobility	9 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed, breathe evenly
Wednesday			

Tempo run + core	7 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Keep a steady pace and keep your shoulders relaxed
Side planks with rotation	3x45 seconds		Pay attention to hip stability
Russian Twists	3x20 per page		Perform the rotation in a controlled manner and without momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Make sure you use clean technique when doing strength exercises
Friday			
Long run	16 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run relaxed, keep a constant speed
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, relax
Week 6			
Monday			
Interval training + core	6x600 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly, pay attention to the correct running technique
Planks	3x45 seconds		Stabilize the core, keep the body in one line
Mountain Climbers	3x20 per page		Make sure you maintain a stable posture and controlled movement
Tuesday			

Easy running + mobility	10 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed, relax your body after the run
Wednesday			
Tempo run + core	8 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace, relax your shoulders
Side planks	3x45 seconds		Pay attention to hip stability and keep your body in one line
Russian Twists	3x20 per page		Perform the rotations slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Maintain the correct technique when doing strength exercises and keep your back straight
Friday			
Long run	18 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run evenly and keep your posture relaxed
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 7			
Monday			
Interval training + core	6x800 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run the intervals consistently and maintain the technique
Planks	3x45 seconds		Stabilize your torso, keep your body line

Leg raises	3x20		Do the leg raises slowly and in a controlled manner
Tuesday			
Easy running + mobility	10 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed, pay attention to a relaxed posture
Wednesday			
Tempo run + core	9 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and pay attention to your breathing
Side planks	3x45 seconds		Stabilize your hips and pay attention to the position of your shoulders
Russian Twists	3x20 per page		Control the movement, avoid momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to the correct technique when doing strength exercises
Friday			
Long run	20 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run evenly and keep your posture relaxed
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, pay attention to slow movements
Sunday			
Rest day			Full rest, focus on regeneration
Week 8			
Monday			

Interval training + core	6x400 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run the intervals consistently, pay attention to your technique
Planks with rotation	3x45 seconds		Keep your torso stable and rotate in a controlled manner
Mountain Climbers	3x20 per page		Make sure you move cleanly and evenly
Tuesday			
Easy running + mobility	10 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed, pay attention to a relaxed posture
Wednesday			
Tempo run + core	9 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Keep a steady pace and pay attention to relaxed breathing
Side planks	3x45 seconds		Stabilize the hips, ensuring correct alignment
Russian Twists	3x20 per page		Execute the movement in a controlled manner, without momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to technique and control each repetition
Friday			
Long run	22 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, stay relaxed and focus on the rhythm
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by targeted stretching exercises
Sunday			
Rest day			Full rest, focus on relaxation

Summary of Weeks 5-8

This phase significantly boosts your endurance and performance. Long runs reach their maximum distance, and interval and tempo sessions become more intense to prepare you for the pace and duration of the half marathon. Mobility and core training remain essential to keep you flexible, stable, and injury-free.

Weeks 9-12: Race Preparation and Tapering

In the final four weeks of your Sub 2-Hour Half Marathon training plan, the focus is on fine-tuning your form and reducing the training load to optimally prepare for race day. This phase is known as tapering. The goal is to maintain your fitness while giving your body enough rest so you arrive at the start line rested and in peak condition.

Week 9			
Monday			
Interval training + core	6x600 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run the intervals consistently, pay attention to your technique
Planks	3x45 seconds		Keep your core stable and your belly button pulled in
Bicycle crunches	3x20 per page		Make sure your movements are controlled and maintain tension
Tuesday			
Easy running + mobility	10 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed to loosen up your legs
Wednesday			
Tempo run + core	9 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Keep the pace even and pay attention to your posture
Side planks with rotation	3x45 seconds		Stabilize your hips and rotate in a controlled manner

Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x8 squats, 3x8 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	Make sure you use clean technique when doing strength exercises
Friday			
Long run	18 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, maintain a comfortable pace
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run relaxed, then do targeted stretching exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 10			
Monday			
Interval training + core	6x400 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly and use clean technique
Planks with rotation	3x45 seconds		Keep your torso stable, rotate slowly and in a controlled manner
Mountain Climbers	3x20 per page		Pull your knees forward in a controlled manner, paying attention to body stability
Tuesday			
Easy running + mobility	10 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run loosely to loosen your legs
Wednesday			

Tempo run + core	9 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Maintain a consistent pace and relaxed shoulders
Side planks	3x45 seconds		Stabilize your hips, keeping a straight line
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x8 squats, 3x8 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Make sure you use clean technique when doing strength exercises
Friday			
Long run	16 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, maintain a comfortable pace
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run relaxed, then do targeted stretching exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 11			
Monday			
Interval training + core	4x600 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly and use clean technique
Planks	3x45 seconds		Keep your core stable and pull your belly button inward
Bicycle crunches	3x20 per page		Control trunk movement, no excessive swings
Tuesday			

Easy running + mobility	9 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run loosely to loosen your legs
Wednesday			
Tempo run + core	7 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Maintain a consistent pace and relax your shoulders
Side planks with rotation	3x45 seconds		Stabilize your hips and make sure your movements are controlled
Bicycle crunches	3x20 per page		Execute the movements in a controlled manner without gaining momentum
Thursday			
Light strength training + mobility	2x8 squats, 2x6 deadlifts	Mobility: 15 minutes of light stretching or yoga	Focus on clean techniques, no overload
Friday			
Long run	12 kilometers at an easy pace (approx. 6:00 min/km)	Cool down: stretching and foam rolling	Run loosely and keep a steady pace
Saturday			
Recovery run + mobility	6 kilometers at a slow pace (approx. 6:15 min/km)	Mobility: 20 minutes of stretching and foam rolling	Run relaxed, then do targeted stretching exercises
Sunday			
Rest day			Full rest, focus on relaxation

Week 12: Tapering and Race Preparation

The final week is dedicated to the tapering phase, ensuring that you are well-rested and in peak condition when race day arrives.

Week 12			
Monday			
Light interval training + core	3x400 meters at a moderate pace (approx. 5 km pace)	90 second break, cool down: 10 minutes of easy running and stretching	Run relaxed and pay attention to clean technique
Planks	3x45 seconds		Stabilize your core and maintain a neutral spine
Russian Twists	3x20 per page		Execute the movement in a controlled manner
Tuesday			
Easy running + mobility	6 kilometers at an easy pace (approx. 6:00 min/km)	Mobility: 20 minutes of light stretching (focused on relaxation)	Run lightly to recover your legs
Wednesday			
Tempo run + core	5 kilometers at half marathon pace (5:40 min/km)	Cool Down: 10 minutes of easy running	Maintain a consistent pace and relax your shoulders
Side planks	2x30 seconds		Keep the body stable and control the movement
Russian Twists	2x15 per page		Perform the movement slowly and precisely
Thursday			
Rest day / light mobility training	20 minutes of light stretching or yoga		Focus on relaxation and slow movements
Friday			
Activation unit	5 kilometer easy run (approx. 6:00 min/km)	Cool Down: 15 minutes of light stretching and movement exercises	Prepare physically and mentally for the competition
Saturday			
Rest day			Focus on relaxation, carb loading and good hydration

Sunday			
Race day – half marathon			Enjoy the run and put all your hard work into action

Summary of Weeks 9-12

These final four weeks focus on reducing the training load (tapering) and preparing for race day. While your training is gradually reduced, mobility and core training remain important to maintain your form and keep your body fresh and ready to complete the 21.1 kilometers in under 2 hours.

11. Sub 1:45 Hour Half Marathon

The Sub 1:45 Hour Half Marathon training plan is designed for advanced runners aiming to complete the 21.1 kilometer half marathon distance in under 1 hour and 45 minutes. To achieve this goal, you must maintain a steady pace of 4:58 minutes per kilometer. The training plan combines long runs, tempo sessions, interval training, as well as strength and mobility exercises to improve your endurance, speed, and running technique.

Goal and Strategy

A half marathon under 1:45 hours requires not only solid base endurance but also a good sense of race pace and efficient running technique. This plan helps you develop the necessary endurance and speed while supporting your body strength and flexibility through regular core and mobility training.

Weeks 1-4: Base Building and Speed Development

Goal: In the first four weeks, the focus is on building a stable foundation of endurance and speed. Mobility and core exercises complement the running training, helping you avoid injuries and run more efficiently.

Exercise	Details	Breaks / Cool Down	Execution Tips
Week 1			
Monday			
Interval training + core	6x400 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly and use clean technique
Planks	3x60 seconds		Keep your torso stable and pull your belly button inward
Russian Twists	3x20 per page		Make sure you do it slowly and in a controlled manner
Tuesday			
Easy running + mobility	8 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run relaxed to allow your muscles to recover
Wednesday			
Tempo run + core	5 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant speed and pay attention to your posture
Side planks with rotation	3x45 seconds		Stabilize the body, pay attention to hip rotation
Bicycle crunches	3x20 per page		Control the movement, avoid jerky movements
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Make sure you use clean technique when doing strength exercises
Friday			
Long run	10 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly and maintain a constant pace
Saturday			

Recovery run + mobility	5 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Recover by running, then do mobility exercises
Sunday			
Rest day			Use the day to fully recover
Week 2			
Monday			
Interval training + core	6x600 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly and use clean technique
Planks	3x60 seconds		Stabilize your core and pay attention to your posture
Mountain Climbers	3x20 per page		Pull your knees towards your chest in a controlled manner, keeping your torso tight
Tuesday			
Easy running + mobility	9 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run lightly to allow your muscles to recover
Wednesday			
Tempo run + core	6 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant speed, relax your shoulders
Side planks	3x45 seconds		Stabilize the body, avoid sagging hips
Russian Twists	3x20 per page		Perform the rotations slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to the correct technique when doing strength exercises
Friday			

Long run	12 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, keep a constant pace
Saturday			
Recovery run + mobility	6 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, then do mobility exercises
Sunday			
Rest day			Full rest, use the day to relax
Week 3			
Monday			
Interval training + core	6x800 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run the intervals in a controlled and even manner
Planks	3x60 seconds		Keep your core stable and pull your belly button toward your spine
Leg raises	3x20		Carry out the movement slowly and in a controlled manner
Tuesday			
Easy running + mobility	9 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips and legs)	Run relaxed to loosen the muscles
Wednesday			
Tempo run + core	6 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Maintain a consistent pace and relaxed shoulders
Side planks	3x45 seconds		Make sure your hips are in a stable position and avoid leaning to the side
Russian Twists	3x20 per page		Slow, controlled turns without momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique and keep your back straight

Friday			
Long run	14 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run steadily and focus on your speed
Saturday			
Recovery run + mobility	6 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run for active recovery and then do mobility exercises
Sunday			
Rest day			Full rest, use the day to relax
Week 4			
Monday			
Interval training + core	6x600 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Run evenly and keep your speed constant
Planks with rotation	3x60 seconds		Keep your torso stable and rotate slowly
Mountain Climbers	3x20 per page		Pay attention to clean technique and keep your back straight
Tuesday			
Easy running + mobility	10 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run relaxed to loosen the muscles
Wednesday			
Tempo run + core	7 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Make sure you keep a consistent pace
Side planks	3x45 seconds		Make sure your hips are in a stable position
Russian Twists	3x20 per page		Perform the rotations in a controlled and slow manner
Thursday			

Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique when doing the exercises
Friday			
Long run	16 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to your speed
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run for recovery and mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation

Weeks 5-8: Increasing Intensity and Endurance

During weeks 5 to 8, the training becomes more intense to improve endurance and speed for the Sub 1:45 goal. Long runs get longer, and the interval and tempo sessions become more demanding. Strength and mobility training remain important components to prevent injuries and improve running efficiency.

Week 5			
Monday			
Interval training + core	6x800 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Keep the pace constant and focus on clean running technique
Planks	3x60 seconds		Stabilize your core and keep your belly button inward
Bicycle crunches	3x20 per page		Carry out the movements slowly and in a controlled manner
Tuesday			

Easy running + mobility	10 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run relaxed to loosen the muscles
Wednesday			
Tempo run + core	7 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Make sure you keep a consistent pace
Side planks with rotation	3x45 seconds		Maintain a stable hip during the rotation movement
Russian Twists	3x20 per page		Perform the turns in a controlled manner and without momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Focus on clean technique, especially on the lunges
Friday			
Long run	18 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly and check your speed regularly
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run for active recovery and mobilization
Sunday			
Rest day			Full recovery, make sure you have sufficient regeneration
Week 6			
Monday			
Interval training + core	6x800 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Maintain a constant pace and controlled breathing
Planks	3x60 seconds		Stabilize the core, keep the body straight

Mountain Climbers	3x20 per page		Pull your knees forward quickly but in a controlled manner
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run relaxed to loosen your muscles
Wednesday			
Tempo run + core	8 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and pay attention to your running technique
Side planks	3x45 seconds		Make sure your hips remain stable
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Make sure you use clean technique when doing strength exercises
Friday			
Long run	20 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to your speed
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 7			
Monday			

Interval training + core	6x1000 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Pay attention to a constant pace and even breathing
Planks	3x60 seconds		Stabilize the core, keep the body straight
Leg raises	3x20		Do the exercise slowly and controlled
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run relaxed and recovering, focus on technique
Wednesday			
Tempo run + core	9 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and focus on running technique
Side planks	3x45 seconds		Make sure your hips remain stable
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Clean technique and slow, controlled movements
Friday			
Long run	22 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, stay relaxed and pay attention to your speed
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Relaxed run, mobility exercises after training
Sunday			
Rest day			Full rest, focus on relaxation
Week 8			

Monday			
Interval training + core	6x600 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Pay attention to a constant pace and keep your breathing even
Planks with rotation	3x60 seconds		Execute the rotation movement in a controlled and slow manner
Mountain Climbers	3x20 per page		Make sure your hips are stable and your movements are consistent
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run relaxed and recovering, pay attention to your technique
Wednesday			
Tempo run + core	9 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Focus on maintaining your desired pace
Side planks	3x45 seconds		Make sure your body remains stable and your hips are straight
Russian Twists	3x20 per page		Slow and controlled execution, without momentum
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Focus on clean technique when doing strength exercises
Friday			
Long run	24 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly and stay relaxed, pay attention to the speed
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	The run should be relaxing, followed by mobility exercises after the training
Sunday			

Rest day			Full rest, focus on relaxation
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Summary of Weeks 5-8

During this phase, your endurance continues to develop as you gradually get accustomed to the half marathon distance. The combination of long runs, intense intervals, and tempo sessions prepares you for the high pace and duration needed to complete the half marathon in under 1:45 hours.

Weeks 9-12: Race Preparation and Tapering

In the final four weeks of your Sub 1:45 Half Marathon training plan, the focus is on tapering, or gradually reducing the training load. This allows your body time to recover while maintaining the necessary intensity to preserve your performance level. At the same time, mobility and core training help maintain your form and prevent injuries, ensuring you are in peak condition on race day.

Week 9			
Monday			
Interval training + core	5x1000 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Pay attention to a steady pace and good running technique
Planks	3x60 seconds		Keep your torso stable, pull your belly button inward
Bicycle crunches	3x20 per page		Perform the movements in a controlled manner, without momentum
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run loosely, make sure you have a relaxed posture
Wednesday			

Tempo run + core	9 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Keep the pace steady and keep your shoulders relaxed
Side planks with rotation	3x45 seconds		Make sure your hips are stable and your rotations are controlled
Russian Twists	3x20 per page		Slow and precise movements, controlled trunk rotation
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or foam rolling	Clean technique when doing strength exercises, keep your back straight
Friday			
Long run	20 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Keep a steady pace and stay relaxed throughout the run
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 10			
Monday			
Interval training + core	6x600 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Pay attention to a steady pace and pay attention to your breathing
Planks	3x60 seconds		Keep your torso stable and pull your belly button inward
Mountain Climbers	3x20 per page		Make sure your hips are stable and your leg movements are controlled
Tuesday			

Easy running + mobility	10 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run loosely and focus on a relaxed posture
Wednesday			
Tempo run + core	8 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Keep the pace constant and keep your posture relaxed
Side planks	3x45 seconds		Maintain a stable posture, no rotation of the hips
Russian Twists	3x20 per page		Carry out the movements slowly and in a controlled manner
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Clean technique when doing strength exercises, keep your back straight
Friday			
Long run	18 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to a constant speed
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation
Week 11			
Monday			
Interval training + core	4x800 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Keep the speed constant and pay attention to clean technique
Planks	3x60 seconds		Keep your torso stable, neck in extension of your spine

Bicycle crunches	3x20 per page		Control your leg movements and remain stable
Tuesday			
Easy running + mobility	10 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves and thighs)	Run easy, concentrate on relaxed breathing
Wednesday			
Tempo run + core	7 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Run evenly, make sure you run relaxed
Side planks with rotation	3x45 seconds		Perform the rotation in a controlled manner, without momentum
Bicycle crunches	3x20 per page		Controlled movement, lifting shoulders off the floor
Thursday			
Light strength training + mobility	2x8 squats, 2x6 deadlifts	Mobility: 15 minutes of light stretching or yoga	Pay attention to clean technique and mobilize your hips with every movement
Friday			
Long run	14 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Cool down: stretching and foam rolling	Run evenly, stay at a comfortable pace
Saturday			
Recovery run + mobility	6 kilometers at a slow pace (approx. 6:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover, followed by mobility exercises
Sunday			
Rest day			Full rest, focus on relaxation

Week 12: Tapering and Race Preparation

The final week is dedicated to significantly reducing the training load to ensure that you are well-rested and in peak condition on race day.

Week 12			
Monday			
Light interval training + core	3x400 meters at a moderate pace (approx. 5 km pace)	90 second break, cool down: 10 minutes of easy running and stretching	Make sure you use clean technique and stay relaxed
Planks	3x60 seconds		Stabilize your torso, neck in extension of the spine
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Tuesday			
Easy running + mobility	6 kilometers at an easy pace (approx. 5:45-6:00 min/km)	Mobility: 20 minutes of light stretching (focused on relaxation)	Run loosely and relaxed, concentrate on your breathing
Wednesday			
Tempo run + core	5 kilometers at half marathon pace (4:58 min/km)	Cool Down: 10 minutes of easy running	Pay attention to a steady pace, stay calm and stable
Side planks	2x30 seconds		Keep your hips stable and keep your body line straight
Russian Twists	2x15 per page		Control the movement, pay attention to clean rotation
Thursday			
Rest day / light mobility training		20 minutes of light stretching or yoga	Focus on slow movements and relaxation
Friday			

Activation unit	5 kilometer easy run (approx. 5:45-6:00 min/km)	Cool Down: 15 minutes of light stretching and movement exercises	Keep the pace relaxed and gently mobilize all joints
Saturday			
Rest day			Focus on relaxation, carb loading, and good hydration
Sunday			
Race day – half marathon			Use all your preparation and enjoy the run

Summary of Weeks 9-12

The final weeks focus on tapering to ensure that you are well-rested and in top form for race day. Your training is reduced, while mobility and core exercises are maintained to preserve flexibility and stability.

12. Sub 1:30 Hour Half Marathon

The Sub 1:30 Hour Half Marathon training plan is designed for advanced runners aiming to complete the 21.1 kilometers in under 1 hour and 30 minutes. This requires an average pace of 4:16 minutes per kilometer. To achieve this goal, the plan includes both intensive endurance runs and interval and tempo sessions to help you develop the speed and stamina necessary.

Goal and Strategy

Running a half marathon in under 1:30 hours require a combination of speed, endurance, and efficiency. This plan focuses on improving your race pace and endurance, combined with strength and mobility exercises to prevent injuries and optimize your running economy.

Weeks 1-4: Base Building and Speed Development

Goal: The first four weeks lay the foundation for your endurance and speed. You will work on stabilizing your half marathon pace while using mobility and core training to prevent injuries.

Exercise	Details	Breaks / Cool Down	Execution Tips
Week 1			
Monday			
Interval training + core	6x800 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Maintain a constant speed and keep your shoulders relaxed
Planks	3x60 seconds		Stabilize your torso and maintain a straight posture
Bicycle crunches	3x20 per page		Carry out the movement in a controlled manner and without momentum
Tuesday			
Easy running + mobility	10 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed, use the run to recover
Wednesday			
Tempo run + core	6 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and avoid unnecessary tension
Side planks with rotation	3x45 seconds		Keep the hips stable, control the rotation
Russian Twists	3x20 per page		Perform the rotation slowly and precisely
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Pay attention to clean technique when doing strength exercises and keep your back straight
Friday			
Long run	12 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, focusing on a relaxed posture
Saturday			

Recovery run + mobility	6 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Run calmly and use the run for active regeneration
Sunday			
Rest day			Full rest, focus on relaxation
Week 2			
Monday			
Interval training + core	5x1000 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Keep the pace constant and pay attention to even breathing
Planks	3x60 seconds		Stabilize your core and pull your belly button in
Mountain Climbers	3x20 per page		Maintain a stable posture and pull your knees forward in a controlled manner
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves and thighs)	Run relaxed, use the run to recover
Wednesday			
Tempo run + core	7 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Focus on a constant speed
Side planks	3x45 seconds		Maintain a stable posture and keep your hips straight
Russian Twists	3x20 per page		Carry out the movement slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Perform the exercises cleanly and ensure a stable posture
Friday			

Long run	14 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, stay relaxed and pay attention to your running style
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run to recover, then mobilize
Sunday			
Rest day			Relaxation and complete recovery
Week 3			
Monday			
Interval training + core	6x800 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Keep the pace steady and control your breathing
Planks	3x60 seconds		Keep your torso stable and pull your belly button inwards
Leg raises	3x20		Do it slowly and in a controlled manner, keeping your back straight
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips and legs)	Run relaxed to loosen the muscles
Wednesday			
Tempo run + core	7 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant speed, shoulders relaxed
Side planks	3x45 seconds		Keep your hips stable and don't let your hip position sink
Russian Twists	3x20 per page		Perform the turns in a controlled manner without gaining momentum
Thursday			

Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Focus on clean technique, stable core during the exercises
Friday			
Long run	16 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, stay relaxed
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to regenerate, followed by mobility exercises
Sunday			
Rest day			Full recovery to gather strength
Week 4			
Monday			
Interval training + core	6x1000 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Keep the pace steady and control your breathing
Planks with rotation	3x60 seconds		Stabilize your torso and rotate in a controlled manner
Mountain Climbers	3x20 per page		Maintain a stable posture and pull your knees in a controlled manner
Tuesday			
Easy running + mobility	14 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves, thighs)	Run relaxed to loosen the muscles
Wednesday			
Tempo run + core	8 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant speed, shoulders relaxed
Side planks	3x45 seconds		Keep your hips stable and maintain a straight line

Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique, especially when doing squats
Friday			
Long run	18 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly and stay relaxed
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to regenerate, pay attention to a slow pace
Sunday			
Rest day			Full recovery to gather strength

Weeks 5-8: Intensifying the Training

During weeks 5 to 8, the training becomes more intense to further increase your endurance and speed. The long runs get longer, and the interval sessions become more demanding to ensure you develop the strength and speed needed for the Sub 1:30 goal. Strength and mobility training also remain essential components to prevent injuries and improve your running performance.

Week 5			
Monday			
Interval training + core	6x800 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Keep the pace constant and pay attention to your breathing
Planks	3x60 seconds		Stabilize your torso and pull your belly button in

Bicycle crunches	3x20 per page		Execute the movement in a controlled manner and ensure a stable posture
Tuesday			
Easy running + mobility	12 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves, thighs)	Run lightly to relax your muscles
Wednesday			
Tempo run + core	8 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and keep your shoulders relaxed
Side planks with rotation	3x45 seconds		Stabilize your hips and keep your body line straight
Russian Twists	3x20 per page		Carry out the movement slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 lunges per leg	Mobility: 15 minutes of yoga or foam rolling	Make sure you use clean technique when doing strength exercises
Friday			
Long run	18 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to the pace
Saturday			
Recovery run + mobility	7 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Recover during the run and focus on mobility afterward
Sunday			
Rest day			Full recovery to gather strength
Week 6			
Monday			

Interval training + core	6x1000 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Maintain a steady pace, focusing on your breathing
Planks	3x60 seconds		Maintain a stable torso posture, pull your belly button inwards
Mountain Climbers	3x20 per page		Execute the movement dynamically but controlled
Tuesday			
Easy running + mobility	14 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves, thighs)	Run lightly to recover your legs
Wednesday			
Tempo run + core	9 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and relaxed shoulders
Side planks	3x45 seconds		Stabilize your hips and keep your body line straight
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique and controlled movements
Friday			
Long run	20 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, pay attention to the pace and stay relaxed
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run for recovery, then mobility training
Sunday			

Rest day			Full recovery to gather strength
Week 7			
Monday			
Interval training + core	6x1200 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Focus on steady pace and breathing
Planks	3x60 seconds		Keep your body stable, pull your belly button inward
Leg raises	3x20		Execute the movement in a controlled manner, keeping your back on the floor
Tuesday			
Easy running + mobility	14 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves, thighs)	An easy run to recover your legs
Wednesday			
Tempo run + core	10 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Pay attention to a constant pace and even breathing
Side planks	3x45 seconds		Keep your hips stable and your body in line
Russian Twists	3x20 per page		Carry out the movement slowly and in a controlled manner
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique and stable posture
Friday			
Long run	22 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run steadily, concentrate on your pace and stay relaxed
Saturday			

Recovery run + mobility	8 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run for active recovery, followed by stretching
Sunday			
Rest day			Full recovery, relax and regenerate
Week 8			
Monday			
Interval training + core	6x800 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Pay attention to a consistent pace and clean running technique
Planks with rotation	3x60 seconds		Keep the body stable, pay attention to slow rotations
Mountain Climbers	3x20 per page		Controlled movements, keeping your torso stable
Tuesday			
Easy running + mobility	14 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves, thighs)	Run loosely and relax your legs by stretching
Wednesday			
Tempo run + core	10 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Focus on a constant speed
Side planks	3x45 seconds		Stabilize your hips and keep your body in line
Russian Twists	3x20 per page		Slow and controlled movements, no hasty movements
Thursday			
Strength training + mobility	3x10 squats, 3x8 deadlifts, 3x12 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Pay attention to clean technique when doing the exercises
Friday			

Long run	24 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, watch your pace and stay relaxed
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Focus on recovery, then stretching
Sunday			
Rest day			Full rest, focus on relaxation

Summary of Weeks 5-8

This phase significantly boosts your endurance and speed. The long runs reach their maximum distance, while the interval and tempo sessions become more intense. You are preparing to maintain the target pace of 4:16 minutes/km over the entire half marathon distance. Mobility and core training remain essential parts of the plan to keep you flexible and strong.

Weeks 9-12: Race Preparation and Tapering

In the final four weeks of your Sub 1:30 Half Marathon training plan, the focus is on tapering. You reduce the intensity and volume of training to allow your muscles to recover and conserve your energy for race day. The goal is to maintain your fitness while fully resting your body. Mobility and core training remain important to maintain stability, flexibility, and prevent injuries.

Week 9			
Monday			
Interval training + core	5x1000 meters at 10 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Pay attention to consistent speed and controlled breathing
Planks	3x60 seconds		Keep your torso stable, tension in your body

Bicycle crunches	3x20 per page		Carry out the movement slowly and in a controlled manner
Tuesday			
Easy running + mobility	14 kilometers at an easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus on hips, calves, thighs)	Run loosely and pay attention to a consistent running technique
Wednesday			
Tempo run + core	10 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace
Side planks with rotation	3x45 seconds		Stabilize the hips, control the movement
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Focus on performing the strength exercises cleanly
Friday			
Long run	20 kilometers at an easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run evenly, stay relaxed and control the pace
Saturday			
Recovery run + mobility	8 kilometers at a slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and light yoga exercises	Use the run to recover
Sunday			
Rest day			Full recovery, pay attention to relaxation and regeneration
Week 10			
Monday			

Interval training + core	6x800 meters at 5km pace	90 second break, cool down: 10 minutes of easy running and stretching	Pay attention to consistent speed and controlled breathing
Planks	3x60 seconds		Stabilize your core and keep the tension in your body
Mountain Climbers	3x20 per page		Maintain a stable posture and controlled movements
Tuesday			
Easy running + mobility	12 kilometers easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves, thighs)	Run loosely, pay attention to an even running technique
Wednesday			
Tempo run + core	9 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace
Side planks	3x45 seconds		Keep your hips stable and control the movement
Russian Twists	3x20 per page		Perform the rotation slowly and in a controlled manner
Thursday			
Strength training + mobility	3x8 squats, 3x6 deadlifts, 3x10 Bulgarian split squats	Mobility: 15 minutes of yoga or stretching	Focus on clean technique during the exercises
Friday			
Long run	18 kilometers easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Run steadily, stay relaxed and pay attention to your breathing
Saturday			
Recovery run + mobility	8 kilometers slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover and pay attention to your mobility
Sunday			

Rest day			Full recovery, focus on relaxation and regeneration
Week 11			
Monday			
Interval training + core	4x1000 meters at 5 km pace	90 second break, cool down: 10 minutes of easy running and stretching	Focus on steady steps and breathing
Planks	3x60 seconds		Keep your torso stable, pull your belly button slightly inward
Bicycle crunches	3x20 per page		Move your legs and upper body slowly and in a controlled manner
Tuesday			
Easy running + mobility	10 kilometers easy pace (4:45-5:00 min/km)	Mobility: 20 minutes of stretching (focus: hips, calves, thighs)	Run in a relaxed rhythm, breathing evenly
Wednesday			
Tempo run + core	8 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace and relaxed shoulders
Side planks with rotation	3x45 seconds		Controlled rotations, keeping hips stable
Bicycle crunches	3x20 per page		Keep your legs parallel and make slow movements
Thursday			
Light strength training + mobility	2x8 squats, 2x6 deadlifts	Mobility: 15 minutes of light stretching or yoga	Focus on correct form and back posture
Friday			
Long run	14 kilometers easy pace (4:45-5:00 min/km)	Cool down: stretching and foam rolling	Keep a steady pace and pay attention to your running style
Saturday			

Recovery run + mobility	7 kilometers slow pace (approx. 5:00 min/km)	Mobility: 20 minutes of stretching and foam rolling	Use the run to recover and then stretch extensively
Sunday			
Rest day			Focus on regeneration and relaxation

Week 12: Tapering and Race Preparation

The final week is dedicated to recovery, ensuring that you are fresh and well-rested on race day. The intensity and volume are significantly reduced to ensure you start the race in peak condition.

Week 12			
Monday			
Light interval training + core	3x600 meters at a moderate pace (approx. 10 km pace)	90 second break, cool down: 10 minutes of easy running and stretching	Run at a steady pace, pay attention to your technique
Planks	3x60 seconds		Stabilize your torso and keep your posture straight
Russian Twists	3x20 per page		Perform the rotations slowly and in a controlled manner
Tuesday			
Easy running + mobility	6 kilometers at an easy pace (approx. 4:45-5:00 min/km)	Mobility: 20 minutes of light stretching (focused on relaxation)	Run lightly to relax your muscles
Wednesday			
Tempo running + core training	5 kilometers at half marathon pace (4:16 min/km)	Cool Down: 10 minutes of easy running	Maintain a constant pace, relax your shoulders
Side planks	2x30 seconds		Make sure your hips are stable

Russian Twists	2x15 per page		Carry out the movement slowly and in a controlled manner
Thursday			
Rest day / light mobility training	20 minutes of light stretching or yoga	-	Focus on slow, relaxed movements
Friday			
Activation unit	5 kilometer easy run (approx. 4:45-5:00 min/km)	Cool Down: 15 minutes of light stretching and movement exercises	Make sure you move loosely and prepare yourself mentally for the competition
Saturday			
Rest day			Focus on recovery, replenish carbohydrate stores
Sunday			
Race day – half marathon!	Do your best and enjoy the run!		Use all your preparation and enjoy the moment

Summary of Weeks 9-12

In the final weeks, the focus is on reducing training volume and preparing for race day. The intensity of the training is maintained, while the volume decreases. This allows your body to fully recover, ensuring that you are fresh and in peak condition on race day to complete the half marathon in under 1:30 hours.

NUTRITION AND SPORTS RECIPES

13. Fundamentals of Sports Nutrition

The right nutrition is essential for reaching peak performance, especially during intense and long training sessions. In addition to a balanced intake of macronutrients and fluids, targeted carbohydrate intake during long sessions plays a key role in maintaining energy levels.

1. Macronutrients: The Foundation of Sports Nutrition

The three main components of nutrition are carbohydrates, proteins, and fats, each playing a specific role in energy supply and recovery.

Carbohydrates

- Function: Carbohydrates are the primary energy source for intense activities. They are stored in the body as glycogen and used for energy during training.
- Recommendation: Athletes should derive 55-65% of their daily calories from carbohydrates, mainly from complex sources like whole grains, fruits, and vegetables.

Proteins

- Function: Proteins support muscle growth and tissue repair.
- Recommendation: Depending on the intensity of the training and the sport, athletes should consume 1.2-1.8 grams of protein per kilogram of body weight daily.

Fats

- Function: Fats provide long-term energy and support the absorption of fat-soluble vitamins.
- Recommendation: 20-30% of daily calories should come from healthy fat sources.

2. Hydration and Electrolytes: The Key to Performance

In addition to hydration, electrolytes play an important role in sports nutrition. Especially during longer sessions where significant sweating occurs, replenishing electrolytes is essential to maintain optimal performance.

Electrolytes

- Key Electrolytes: Sodium, potassium, magnesium, and calcium are the main electrolytes that need to be replaced during long activities.

- Recommendation: Athletes should consume sports drinks with electrolytes during long sessions (over 60 minutes) to balance fluid and electrolyte loss.

3. Carbohydrate Intake During Long Training Sessions

During long sessions or competitions lasting over 90 minutes, glycogen stores must be replenished with regular carbohydrate intake to maintain energy levels.

Carbohydrate Intake Recommendation

- 50 grams of carbohydrates per hour: For long training sessions or competitions lasting more than 90 minutes, athletes should consume about 50 grams of carbohydrates per hour, which equates to approximately 200 calories from carbohydrates.

- Carbohydrate Sources: Suitable carbohydrate sources during training can include energy gels, bars, bananas, or sports drinks with a high carbohydrate concentration.

Examples of 50 grams of carbohydrates:

- 1 energy bar (about 40-50 grams of carbohydrates)
- 2 bananas (about 50 grams of carbohydrates)
- 2 to 3 energy gels (20-25 grams of carbohydrates per gel)

Why Carbohydrate Intake is Important:

During long training sessions, glycogen stores in the body are depleted after 90 minutes. Carbohydrate intake stabilizes blood sugar levels and continues to supply the muscles with energy, preventing performance drops and improving endurance.

4. Timing of Nutrient Intake: Pre-, Intra-, and Post-Workout

Before Training

- Recommendation: Carbohydrate-rich meals 2-3 hours before training to maximize glycogen stores. Example: Oatmeal with fruit.

During Training

- Recommendation: 50 grams of carbohydrates per hour during long sessions, combined with electrolytes from sports drinks to maintain energy levels.

After Training

- Recommendation: A combination of carbohydrates and proteins within 30 minutes after training to support recovery and replenish glycogen stores. Example: Protein shake with a banana and electrolytes.

Example of Nutrition During a Long Training Session:

- Before Training (2-3 hours before): Oatmeal with fruit and honey.
- During Training (over 90 minutes): 50 grams of carbohydrates every 20-30 minutes in the form of energy gels, bananas, or sports drinks.
- After Training (within 30 minutes): Protein shake with electrolytes and a banana to restore glycogen levels.

Conclusion

For optimal performance during long training sessions, the right combination of carbohydrate intake, hydration, and electrolytes is essential. Regular intake of about 50 grams of carbohydrates per hour ensures that glycogen stores are not depleted, and you have the energy to continue performing at a high level during intense activities.

14. Healthy Sports Recipes

A balanced diet tailored to the specific needs of athletes can significantly enhance performance. In this chapter, I present some delicious and nutritious recipes specifically designed to support recovery, replenish energy stores, and promote overall fitness. These recipes are rich in essential macronutrients, electrolytes, and vitamins to help you get the most out of your training.

Here are 20 sport-friendly recipes for various meals to support your training and provide optimal nutrition. These recipes are divided into breakfast, lunch, snacks, and dinner:

Breakfast:

1. Oatmeal Power Bowl:

Oatmeal with almond milk, bananas, berries, peanut butter, and chia seeds.

2. Protein Pancakes:

Pancakes made with protein powder, oats, eggs, and Greek yogurt, served with berries and maple syrup.

3. Avocado Toast with Eggs:

Whole grain bread, avocado, and fried egg, seasoned with chili and lime juice.

4. Chia Pudding with Fruits:

Chia seeds, almond milk, and vanilla, soaked overnight, served with fresh berries.

5. Smoothie Bowl:

A mix of frozen berries, banana, and almond milk, garnished with nuts and seeds.

Lunch:

6. Quinoa Salad with Chicken:

Quinoa, grilled chicken, cucumber, tomatoes, and feta cheese with a lemon-olive oil dressing.

7. Sweet Potato Bowl with Lentils:

Baked sweet potato, red lentils, spinach, and a tahini dressing.

8. Poke Bowl with Salmon:

Raw salmon, avocado, cucumber, carrots, and brown rice with soy sauce and sesame.

9. Whole Grain Pasta with Vegetables and Chicken:

Whole grain pasta, broccoli, bell peppers, zucchini, and grilled chicken in a light tomato sauce.

10. Vegetable Curry with Chickpeas:

Chickpeas, sweet potatoes, spinach, and coconut milk, served with brown rice.

Snacks:

11. Energy Bars:

Oats, nuts, dates, and honey, pressed into bars.

12. Greek Yogurt with Nuts and Honey:

Greek yogurt, walnuts, almonds, and a drizzle of honey for a protein-rich snack.

13. Protein Muffins:

Muffins made with oats, protein powder, eggs, and blueberries.

14. Hummus with Veggie Sticks:

Homemade hummus, served with carrot, bell pepper, and cucumber sticks.

15. Banana Peanut Butter Sandwich:

Whole grain bread with banana slices and peanut butter, perfect for on-the-go.

Dinner:

16. Salmon Fillet with Quinoa and Vegetables:

Baked salmon fillet, quinoa, bell peppers, and broccoli with lemon juice and herbs.

17. Stir-Fried Chicken with Vegetables and Brown Rice:

Chicken breast, broccoli, carrots, and brown rice in a light soy sauce.

18. Vegetarian Tacos:

Tacos filled with black beans, avocado, lettuce, and tomatoes, garnished with lime and salsa.

19. Zoodles with Shrimp and Pesto:

Zucchini noodles with sautéed shrimp and homemade pesto.

20. Stir-Fried Tofu with Rice and Vegetables:

Stir-fried tofu, broccoli, carrots, and bell peppers, served with brown rice and sesame oil.

These recipes are nutrient-dense and ideal for athletes looking for healthy, performance-enhancing meals. They offer a good balance of proteins, carbohydrates, and healthy fats to fuel your day and training sessions.

MOBILITY AND STRETCHING EXERCISES

15. Why Mobility is Important

Why Mobility is Important

Mobility is a crucial component of athletic performance and long-term health. Unlike flexibility, which only describes how far a muscle can stretch, mobility encompasses the control and movement of a joint through its entire range of motion. For athletes and fitness enthusiasts, incorporating mobility exercises into the training regimen is essential for improving performance and minimizing the risk of injury.

1. Improvement in Movement Control

Good mobility allows joints to move freely and efficiently through their full range of motion. This not only enhances movement patterns during athletic activities but also improves overall body control and stability. Increased mobility means that athletic movements such as squats, lunges, or sprints can be performed more smoothly and powerfully.

2. Injury Prevention

One of the greatest benefits of mobility training is the reduction in injury risk. Insufficient mobility can lead to overuse and poor posture, increasing the likelihood of injuries, especially in joints like the shoulders, hips, and knees. Regular mobility exercises help make muscles and tendons more supple, leading to better joint stability and reduced injury risk during intense training or competition.

3. Enhanced Athletic Performance

Better mobility promotes movement efficiency, positively impacting athletic performance. By utilizing the full range of motion in the joints, movements can be executed more fluidly and with less resistance. This allows athletes to perform more powerfully and explosively, whether sprinting, lifting, or jumping.

4. Recovery and Regeneration

After intense training sessions, mobility work helps relax the muscles and improve circulation. This speeds up the recovery process and helps reduce muscle soreness. Additionally, it ensures the body recovers more quickly after exertion, which increases long-term training capacity.

5. Support for Proper Posture

Mobility training supports maintaining a healthy posture, especially for those who spend a lot of time sitting. Targeted mobility exercises focusing on key areas like the lower back, hips, and shoulders can help correct tension and poor posture. This not only enhances daily comfort but also helps prevent muscular imbalances.

Conclusion

Mobility is crucial for unlocking the full potential of the body while also preventing injuries. By integrating mobility exercises into your training routine, you can not only enhance athletic performance but also promote the long-term health of your joints and muscles. It is worthwhile to incorporate regular mobility sessions into your training schedule to stay flexible, strong, and injury-free.

16. Mobility and Stretching Exercises

Mobility and Stretching Exercises

Mobility and stretching exercises are important components of a comprehensive training plan. They improve flexibility, joint range of motion, and stability, and contribute to injury prevention. Here are some effective mobility and stretching exercises for different body areas that you can regularly incorporate into your training:

1. Hip Mobility

The hip muscles and joints are essential for many movements, especially for runners, weightlifters, and athletes. Good hip mobility ensures stable and powerful movement.

Example Exercise: Hip Flexor Stretch

- Execution: Step into a lunge position with your back knee touching the ground. Gently press your hip forward while keeping your back straight. Hold this position for 30 seconds per side.
- Target: This exercise stretches the hip flexors and improves hip mobility.

2. Shoulder and Chest Mobility

Shoulder mobility is crucial for sports like swimming, weightlifting, and even running, where free shoulder movement enhances efficiency.

Example Exercise: Shoulder Circles

- Execution: Stand upright with your arms hanging by your sides. Make small, controlled circles with your arms, gradually increasing the radius of the circles. Change direction after about 30 seconds.

- Target: This exercise helps warm up the shoulders and improve mobility.

3. Back Mobility

Good back mobility is crucial for athletes who sit or lift a lot and helps prevent back pain.

Example Exercise: Cat-Cow Stretch

- Execution: Get into a tabletop position on all fours. Inhale as you let your belly sink toward the ground and lift your head and chest up (Cow position). Exhale as you round your back and pull your belly button toward your spine (Cat position). Repeat 10-15 times.

- Target: This dynamic exercise improves spine mobility and loosens the lower back.

4. Ankle and Calf Mobility

Ankle mobility is crucial for sports involving running or jumping. Limited ankle movement can increase the risk of injury.

Example Exercise: Calf and Ankle Stretch

- Execution: Stand facing a wall, place one foot against the wall with your heel on the ground. Push your knee forward to intensify the stretch in your calf and ankle. Hold this position for 30 seconds per side.

- Target: This exercise stretches the calf muscles and improves ankle mobility.

5. Hip and Thigh Mobility

This area is important for runners, sprinters, and athletes performing explosive movements. Restricted mobility in the hips and thighs can affect range of motion and strength.

Example Exercise: Deep Squat with Hip Opener

- Execution: Go into a deep squat and place your elbows on the inside of your knees. Use your elbows to push your knees outward and hold the position for 30 seconds.

- Target: This exercise improves hip mobility and stretches the inner thighs.

6. Full-Body Mobility

A comprehensive mobility routine should include dynamic full-body exercises to enhance overall flexibility.

Example Exercise: World's Greatest Stretch

- Execution: Start in a plank position. Take a large step forward with your right foot, placing it next to your right hand and twist your torso to the right, reaching your right arm toward the ceiling. Hold this position for a few seconds before switching sides.
- Target: This exercise improves mobility in the hips, shoulders, and back, and is ideal for warming up before training.

Conclusion

Mobility and stretching exercises should be an integral part of any training plan, regardless of the sport or fitness level. Regular mobility training enhances flexibility, reduces the risk of injury, and optimizes athletic performance. By incorporating some of these exercises regularly, you can keep your joints supple and your body flexible.

CONCLUSION AND RESOURCES

17. Summary

In this book, you've learned the fundamentals of effective training and balanced nutrition to achieve your athletic goals, whether it's running a marathon, competing in a Hyrox event, or improving overall performance. Each component of the training— from mobility and heart rate training to interval workouts and nutrition—has been specifically designed to maximize your endurance, strength, and recovery.

Summary of Key Points:

1. Training Planning: A structured training plan is crucial for making continuous progress. The plans in this book help you achieve specific goals, such as a sub-3-hour marathon or a sub-1:30 half marathon. The training is tailored to your performance level, focusing on endurance, speed, and strength.
2. Heart Rate Training: Heart rate training is central to optimizing your training intensity. It allows you to train more efficiently by staying within the appropriate heart rate zones to improve endurance and avoid overtraining.

3. **Nutrition and Hydration:** A healthy, balanced diet supports not only physical performance but also recovery. Ensuring adequate intake of carbohydrates, proteins, fats, and electrolytes helps keep your body optimally fueled during training and daily life.
4. **Mobility and Stretching Exercises:** Mobility is essential for athletic performance and injury prevention. Regular mobility and stretching exercises enhance joint flexibility and support recovery after intense workouts.
5. **Recovery and Regeneration:** Effective recovery is as important as the training itself. This book has taught you how mobility exercises, nutrition, and hydration contribute to faster recovery after strenuous sessions.

Important Resources for Further Learning:

1. **Online Training Platforms:** Many platforms offer detailed training plans and analyses, such as Training Peaks or Strava, which can help you further optimize your training.
2. **Heart Rate Zone Apps:** Apps like Garmin Connect, Strava, and Polar Flow provide precise analysis of your heart rate zones, helping you maximize your performance.
3. **Nutrition Databases:** Tools like MyFitnessPal assist you in tracking your daily nutrient intake to ensure you're consuming the right amounts of carbohydrates, proteins, and fats to reach your training goals.
4. **Mobility Programs:** Programs like ROMWOD or GoWOD offer targeted mobility exercises to improve your flexibility and can be a valuable addition to your training regimen.

18. Conclusion

The path to a successful competition is challenging, but with a smart strategy, structured training plans, and proper nutrition, you can reach your full potential. You now have the knowledge to not only enhance your endurance and strength but also to make your lifestyle healthier and more athletic in the long term.

Make continuous progress, stay disciplined, and remember to listen to your body. Your success lies in the combination of hard work, adequate recovery, and a plan tailored to your goals. Use the methods and resources presented in this book to achieve your athletic dreams. Best of luck on your journey!