

# My Training plan

## 1/2 Marathon - 8 Weeks

### **Week 1:**

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 800m intervals with 2 minutes rest in between

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 90 minutes long run

### **Week 2:**

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 90 minutes long run

### **Week 3:**

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 800m intervals with 2 minutes rest in between

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 90 minutes long run

### **Week 4:**

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - 30 minutes easy run

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - 60 minutes easy run

### **Week 5:**

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 90 minutes long run

### **Week 6:**

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - 4 x 800m intervals with 2 minutes rest in between

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 90 minutes long run

**Week 7:**

Monday - 45 minutes easy run

Tuesday - Rest

Wednesday - Tempo run: 10 minutes warm up, 20 minutes at 10km race pace, 10 minutes cool down

Thursday - 45 minutes easy run

Friday - Rest

Saturday - Rest

Sunday - 90 minutes long run

**Week 8:**

Monday - 30 minutes easy run

Tuesday - Rest

Wednesday - 30 minutes easy run

Thursday - Rest

Friday - Rest

Saturday - Rest

Sunday - 60 minutes easy run