

Half Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar 5 -11	30 min R 1 min W 2 min	Plyo cardio circuit	30 min R 1 min W 2 min	Yoga		5km R 1 min W 2 min	Rest
2 Mar 12-18	30 min R 1 min W 2 min	Cardio power & resist.	28 min R 2 min W 2 min	Yoga		5km R 1 min W 2 min	Rest
3 Mar 19-25	28 min R 2 min W 2 min	Cardio recov.	28 min R 2 min W 2 min	Yoga		6km R 2 min W 2 min	Rest
4 Mar 26-A1	28 min R 2 min W 2 min	Pure cardio	30 min R 3 min W 2 min	Yoga		6km R 2 min W 2 min	Rest
5 Apr 2-8	30 min R 3 min W 2 min	Plyo cardio circuit	30 min R 3 min W 2 min	Yoga		6km R 2 min W 2 min	Rest
6 Apr 9 -15	30 min R 3 min W 2 min	Core cardio & balance	30 min R 4 min W 2 min	Yoga		8km R 3 min W 2 min	Rest
7 Apr 16-22	30 min R 4 min W 2 min	Cardio power & resist.	30 min R 4 min W 2 min	Yoga		8km R 3 min W 2 min	Rest
8 Apr 23-29	30 min R 4 min W 2 min	Pure Cardio	30 min R 4 min W 2 min	Yoga		10km R 4 min W 2 min	Rest
9 Apr 30-M6	30 min R 5 min W 1 min	Cardio Recov.	30 min R 4 min W 2 min	Yoga		10km R 4 min W 2 min	Rest
10 May 7 - 13	30 min R 5 min W 1 min	Plyo cardio circuit	36 min R 5 min W 1 min	Yoga		6km R 4 min W 1 min	Rest
11 May 14-20	36 min R 5 min W 1 min	Cardio power & resist.	36 min R 5 min W 1 min	Yoga		11km R 4 min W 1 min	Rest
12 May 21-27	30 min R 5 min W 1 min	Core cardio & balance	35 min R 6 min W 1 min	Yoga		13km R 4 min W 1 min	Rest

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13 May 28-J3	35 min R 6 min W 1 min	Pure Cardio	35 min R 6 min W 1 min	Yoga		8km R 5 min W 1 min	Rest
14 June 4-10	35 min R 6 min W 1 min	Plyo cardio circuit	40 min R 7 min W 1 min	Yoga		14km R 5 min W 1 min	Rest
15 June 11-17	40 min R 7 min W 1 min	Cardio Recov.	40 min R 7 min W 1 min	Yoga		10km R 6 min W 1 min	Rest
16 June 18-24	40 min R 7 min W 1 min	Cardio power & resist.	36 min R 8 min W 1 min	Yoga		16 km R 6 min W 1 min	Rest
17 June 25-J1	45 min R 8 min W 1 min	Pure Cardio	45 min R 8 min W 1 min	Yoga		11km R 7 min W 1 min	Rest
18 July 2-8	45 min R 8 min W 1 min	Core cardio & balance	44 min R 10 min W 1 min	Yoga		16km R 7 min W 1 min	Rest
19 July 9-15	44 min R 10 min W 1 min	Cardio recov.	44 min R 10 W 1 min	Yoga		10 km R 8 min W 1 min	Rest
20 July 16-22	44 min R 10 min W 1 min	Core cardio & balance	44 min R 10 min W 1 min	Yoga	Rest	Rest	RACE