



TRAINING PROGRAM – ½ MARATHON

(THE RUNNING CLINIC)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	10'W 3x (1'R/1'W)	10'W 4x (1'R/1'W)	10'W 5x (1'R/1'W)	10'W 6x (1'R/1'W)	Rest	10'W 7x (1'R/1'W)	10'W 8x (1'R/1'W)
Week 2	Rest	5'W 9x (1'R/1'W)	5'W 10x (1'R/1'W)	10'W 3x (2'R/1'W)	Rest	10'W 4x (2'R/1'W)	10'W 5x (2'R/1'W)
Week 3	Rest	10'W 3x (3'R/1'W)	10'W 4x (3'R/1'W)	10'W 3x (4'R/1'W)	Rest	5'W 4x (4'R/1'W)	5'W 4x (5'R/1'W)
Week 4	Rest	10'R 2x (2'R/1'W)+ 5'R	15'R	4x (4'R/1'W)	Rest	15'R	4 km
Week 5	Rest	10'R 2x (2'R/1'W)+ 5'R	15'R	5x (4'R/1'W)	Rest	15'R	5 km
Week 6	Rest	10'R 3x (2'R/1'W)+ 5'R	20'R	6x (4'R/1'W)	Rest	15'R	6 km
Week 7	Rest	10'R 3x (2'R/1'W)+ 5'R	20'R	10'R 3x (3'R/1'W)+ 5'R	Rest	20'R	7 km
Week 8	Rest	10'R 4x (2'R/1'W)+ 5'R	20'R	10'R 4x (3'R/1'W)+ 5'R	Rest	20'R	8 km
Week 9	Rest	10'R 4x (2'R/1'W)+ 5'R	25'R	10'R 3x (4'R/1'W)+ 5'R	Rest	20'R	10 km

Week 10	Rest	10'R 5x (2'R/1'W)+ 5'R	25'R	10'R 4x (4'R/1'W)+ 5'R	Rest	20'R	12 km
Week 11	Rest	15'R 5x (2'R/1'W)+ 5'R	30'R	10'R 3x (5'R/1'W)+ 5'R	Rest	20'R	10 km
Week 12	Rest	15'R 6x (2'R/1'W)+ 5'R	30'R	15'R 4x (5'R/1'W)+ 5'R	Rest	20'R	14 km
Week 13	Rest	15'R 6x (2'R/1'W)+ 5'R	30'R	15'R 3x (6'R/1'W)+ 5'R	Rest	20'R	16 km
Week 14	Rest	15'R 7x (2'R/1'W)+ 5'R	30'R	15'R 4x (6'R/1'W)+ 5'R	Rest	20'R	18 km
Week 15	Rest	15'R 7x (2'R/1'W)+ 5'R	30'R	15'R 3x (7'R/1'W)+ 5'R	Rest	20'R	16 km
Week 16	Rest	15'R 5x (2'R/1'W)+ 5'R	30'R	Rest Eat pasta :)	Rest Eat pasta :)	20'R Eat pasta :)	½ marathon competition
Week 17	Rest	Rest	Rest	Rest	Rest	Rest	Rest

R: All trainings to be performed at a running pace perceived as an effort level ranging from “moderate” to “hard.” Duration expressed in minutes (‘) or in km

W: Warm-up or cool-down walk

+: Increase running speed so that you feel you are running at a pace that you perceive as “hard.” This does not mean that you should sprint but that you should rather increase the pace moderately.

Advice: During training, continue wearing minimalist shoes, keep running at a fast pace and be mindful of what your body tells you. As you have done for your first year of training (10 km program).

