

TRAINING PLAN MARATHONS



Sport: Running
Level: Target-oriented runner
Duration: 12 Weeks
Target: Half marathon / marathon
Activities include: Endurance training, intervals, speed workouts

▶ WEEK 1 – 2

	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 65–75 % of HR _{max} . Includes: 2 x 15 minutes at speed endurance level, heart rate 80–90 % of HR _{max} , 10 minutes of light running in between.
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 70–80 % of HR _{max} . Includes: 3 times relax 1 min speed ups/ 3 min recovery in between
	1 x Power walking	Duration: 75–90 minutes light walking with or without ski poles, heart rate 50–65 % of HR _{max} .
	1 x Running	Duration: 105–120 minutes at basic endurance level, heart rate 55–70 % of HR _{max} .

▶ WEEK 3 – 4

	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 2 x 20 minutes at speed endurance level, heart rate 80–90 % of HR _{max} , 5 minutes of light running in between.
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 65–75 % of HR _{max} . Includes: few speed ups (about 3 times for 15 sec)
	1 x Power walking	Duration: 75–90 minutes light walking with or without skiing poles, heart rate 50–65 % of HR _{max}
	1 x Running	Duration: 120 minutes at basic endurance level, heart rate 55–70 % of HR _{max}

■ Very hard
90-100%

■ Hard
80-90%

■ Moderate
70-80%

■ Light
60-70%

■ Very light
50-60%



▶ **WEEK 5 (EASY)**

	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–70 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 20 minutes at speed endurance level, heart rate 80–90 % of HR _{max} .
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .

▶ **WEEK 6-7 (HARDER WEEK)**

	1 x Running	Duration: 90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running	Duration: 75 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 40 minutes at speed endurance level, heart rate 80–90 % of HR _{max} .
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 70–80 % of HR _{max} . Includes: few speed ups (about 3 times for 15 sec).
	1 x Power walking	Duration: 75–90 minutes light walking with or without ski poles, heart rate 50–65 % of HR _{max} .
	1 x Running	Duration: 135–150 minutes at basic endurance level, heart rate 55–70 % of HR _{max} .

■ Very hard
90-100%

■ Hard
80-90%

■ Moderate
70-80%

■ Light
60-70%

■ Very light
50-60%



▶ **WEEK 8 – 9**

	1 x Running	Duration: 60 minutes at basic endurance level, heart rate 65–80 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running	Duration: 90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 3 x 15 minutes at speed endurance level, heart rate 80–90 % of HR _{max} , 5 minutes of light running in between
	1 x Running	Duration: 50 minutes at basic endurance level, heart rate 70–80 % of HR _{max} . Includes: few speed ups (about 3 times for 15 sec)
	1 x Running	Duration: 120 minutes at basic endurance level, heart rate 55–70 % of HR _{max}

▶ **WEEK 10 (HARD WEEK)**

	1 x Running (Monday)	Duration: 90 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running (Tuesday)	Duration: 50 minutes at basic endurance level, heart rate 60–70 % of HR _{max} . Includes: few speed ups (about 3 times for 15 sec)
	1 x Running (Thursday)	Duration: 90 minutes, first 30-minute warm-up, heart rate 60–70 % of HR _{max} . After that 45-minute half marathon test, for the first 30 minutes heart rate 80–85 % of HR _{max} and for the last 15 minutes increasing speed. 15-minute cool down in the end.
	1 x Power Walking (Friday)	Duration: 75–90 minutes light walking with or without ski poles, heart rate 50–65 % of HR _{max}
	1 x Running (Sunday)	Duration: 135–150 minutes at basic endurance level, heart rate 55–70 % of HR _{max} .

Very hard
90-100%

Hard
80-90%

Moderate
70-80%

Light
60-70%

Very light
50-60%



▶ **WEEK 11 (EASY WEEK)**

	1 x Running (Wednesday)	Duration: 60 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Few accelerations can be done at an easy point.
	1 x Running (Friday)	Duration: 60–70 minutes at basic endurance level, heart rate 60–75 % of HR _{max} . Includes: 20 minutes at speed endurance level, heart rate 70–85% of HR _{max} .
	1 x Running (Sunday)	Duration: 45 minutes at basic endurance level, heart rate 50–70 % of HR _{max} .

▶ **WEEK 12**

	1 x Running (Tuesday)	Duration: 30–40 minutes at basic endurance level, heart rate 60–75 % of HR _{max} .
	1 x Running (Thursday)	Duration: 30–40 minutes at basic endurance level, heart rate 60–75% of HR _{max} . Includes: 10 minutes at marathon speed
	1 x Running (Saturday)	Half marathon / Marathon

■ Very hard
90-100%

■ Hard
80-90%

■ Moderate
70-80%

■ Light
60-70%

■ Very light
50-60%