

## Running schedule half marathon advanced

### • General preparation period

Begin: 20 weeks for the eventual aim.

End: 12 weeks for the eventual aim.

Therefore number of weeks: 8.

How frequently	What and how	How long
2 x per week	long quiet endurance training speed 1	60 up to 90 minutes *
2 x per week	average endurance training speed 2	45 up to 60 minutes
2 x per three weeks	average endurance training speed 2	30 up to 45 minutes
<u>At most</u> 1 x per 3 weeks	intensive endurance training speed 3	30 up to 45 minutes
* Explanation: not immediately the first week 90 minutes, but quietly builds per week.		

### • Specific preparation period

Begin: 12 weeks for the eventual aim.

End: 6 weeks for the eventual aim.

Therefore number of weeks: 6.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1	60 up to 90 minutes
2 x per week	average endurance training speed 2	45 up to 60 minutes
1 x per two weeks	int. endurance training speed 3 *	45 up to 60 minutes
1 x per two weeks	fartlek training	45 up to 60 minutes
1 x per week	interval training: extensive long **	distance 2 to 4 miles
* Explanation: Or race (not fast).		
** Explanation: Speed: 95% (first 3 weeks) en 100% (last 3 weeks). Distances: 600m 800m 1000m 1500m 1690m 2000m Example 5x 1000m. Pause: effort time:pause proportion 1:0,5 to dribble.		

### • Intensive period

Begin: 6 weeks for the eventual aim.

End: 2 weeks for the eventual aim.

Therefore number of weeks: 4.

How frequently	What and how	Time/distance
1 x per week	long quiet endurance training speed 1 *	60 up to 90 minutes
1 x per week	quiet endurance training speed 1	45 up to 60 minutes
1 x per week	average endurance training speed 2	45 up to 60 minutes
1 x per week	fartlek training	45 up to 60 minutes
1 x per week	interval training: intensive long **	distance to 6 miles
* Explanation: 1x per week on end of the training: 5 x 100m (pause: 100m to dribble).		
** Explanation: Do this intensive training only the first four weeks. Speed: 105% Distances: 600m 800m 1000m 1500m 1690m 2000m Example 2x (2x 2000m). Pause: effort time:pause proportion 1:2 to dribble.		

## The last two weeks

### •Method 1

- The first week you only reduce the scope of your endurance training.
- A week before the race you do a firm Fartlek training of 50 minutes.
- 1 or 2 days before the race you do an duration training on speed 1 or 2. Reduce the scope.
- A day before the race you run half-hour quietly. Do also some small accelerations.

### •Method 2

The tapering-off period for the half marathon start two weeks before the race.

The first week you only reduce the scope of your endurance training. The week for the race you do only 15 percent. These last week you do especially interval training on 3.1 miles (5 km) race speed and marathon speed.