

THE FINAL 8-WEEK COUNTDOWN

Training plan for running distances between 15km
and a half-marathon



WEEK 8 TO 7 BEFORE THE COMPETITION

KEY SESSIONS

8 WEEKS TO GO

- Interval training (2x15 min at half-marathon competition speed, 3-minute rest in between)
- 60min running at a steady pace + 3 ascending runs
- 90min running at a steady pace

- OPTIONAL SESSIONS**
- 45-minute run followed by 6x10 sec hill sprints
 - 20-minute warm up with running technique exercises followed by intervals at a high intensity: 1min, 2min, 4min, 2min, 1min. Rest for 2 min in between.

7 WEEKS TO GO

- Interval training (2x20 min at half-marathon competition speed, 3-minute rest in between)
- 60min running at a steady pace+ 4 ascending runs
- 105min running at a steady pace

- OPTIONAL SESSIONS**
- 50-minute run followed by 6x10 sec hill sprints
 - 10min skipping rope followed by 8x90 sec uphill intervals at a high intensity (rest after returning to start).

WEEK 6 TO 5 BEFORE THE COMPETITION

KEY SESSIONS

6 WEEKS TO GO

- Interval training (4x5 min at competition speed, 1-minute rest in between)
- 60min running at a steady pace + 5 ascending runs
- 120min running at a steady pace

OPTIONAL SESSIONS

- 50-minute run followed by 6x10 sec hill sprints
- 20-minute warm up with running technique exercises followed by 8x60 sec uphill intervals at a high intensity (rest after returning to start).

5 WEEKS TO GO (rest week)

- Paced run (1x40 min at target competition speed)
- 45min running at a steady pace + 2 ascending runs
- 45min running at a steady pace

OPTIONAL SESSIONS

- Day of rest
- 60min easy run followed by 6x10 sec hill sprints.

WEEK 4 TO 3 BEFORE THE COMPETITION

KEY SESSIONS

4 WEEKS TO GO

- Interval training (1x20 min at half-marathon competition speed and 1x20 min at 10km competition speed, 1min rest in between)
- 60min running at a steady pace + 3 ascending runs
- 90min easy run (increase pace during last 20min)

OPTIONAL SESSIONS

- 45-minute run followed by 6x10 sec hill sprints
- 10min skipping rope followed by interval training: 6x3 min at 5km competition speed with 2min jogging rest in between.

3 WEEKS TO GO

- Paced run (1x45 min at half-marathon competition speed)
- 70min running at a steady pace + 4 ascending runs
- 105min easy run (increase pace during last 15min)

OPTIONAL SESSIONS

- 60-minute run followed by 6x10 sec hill sprints
- 20-minute warm up with running technique exercises followed by interval training: 5x4 min at the speed you would run a 5km competition with a 2min jogging interval.

WEEK 2 TO 1 BEFORE THE COMPETITION

KEY SESSIONS

2 WEEKS TO GO

- Interval training (1x20 min at half-marathon competition speed, 1x20 min at half-marathon competition speed, 4min rest in between)
- 60min running at a steady pace + 5 ascending runs
- 80min easy run (increase pace during last 10min)

OPTIONAL SESSIONS

- 45-minute run followed by 4x10 sec hill sprints
- Warm-up with running technique exercises for 20min, followed by interval training: 2x6 min at the speed you would run a 5km competition with a 3min jogging interval.

1 WEEK TO GO (competition week)

- Day 7: Day of rest
- Day 6: Interval training (2x5 min at the speed you would run a 10km competition, 3min rest in between)
- Day 5: 30min easy run with 4 ascending runs to finish
- Day 4: Day of rest
- Day 3: 30min easy jog with 2 ascending runs to finish
- Day 2: Day of rest
- Day 1: Competition day: stay relaxed, enjoy the atmosphere – good luck!**

GOOD TO KNOW:

During the last week, it is a question of ensuring that you are sufficiently rested when you stand at the starting line on the day of the competition. In other words: refrain from doing any more exhaustive and hard training. However, to ensure you feel your best with ample liveliness, you can still include fast sections in your training programme (see above).