

# Running Plan Summary

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## Plan Overview

Progressive base-building with Saturday long runs, midweek intervals and tempo, recovery runs, two full rest days (Sunday, Monday), and Wednesday yoga for mobility.

## Success Assessment



Given 26 weeks of progressive training, normal BMI, and consistent cross-training, a 75% chance assumes adherence, gradual buildup, and no major injuries or illness.

## Things to Consider

Track weekly mileage, add twice-weekly strength work, prioritize sleep and nutrition, increase long-run progressively, and cut back if pain or excessive fatigue appears.

## Plan Request Details

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### Running Target

**PLAN START DATE**

August 8, 2025

**RACE TYPE**

HALF MARATHON

**RACE DATE**

February 7, 2026

**TARGET TIME**

1 hours 48 minutes

### Personal Details

**YEAR OF BIRTH**

1992

**GENDER**

FEMALE

**HEIGHT**

173 cm

**WEIGHT**

68 kg

**FITNESS LEVEL**

MODERATE

### Additional Info and Preferences

Long runs should be on Saturday, and keep Sunday and Monday for rest. On Wednesday I'm doing yoga

# Training Schedule

Friday, 08 Aug 2025 Easy Run

Easy conversational pace 5 km run. Focus on relaxed form and consistent breathing. Keep effort comfortable.  
Goal: Build aerobic base and recover from prior activity while preparing for progressive weekly load increases.

Saturday, 09 Aug 2025 Long Run

Long steady run 12 km at easy pace. Include a few brief walk breaks if needed. Hydrate and practice fueling.  
Goal: Develop endurance specific to half marathon and increase weekly long-run tolerance progressively.

Sunday, 10 Aug 2025 Rest

Full rest day. No running. Gentle walking and mobility only. Prioritize sleep and nutrition.  
Goal: Allow recovery and tissue repair. Rest supports adaptation and reduces injury risk during base phase.

Monday, 11 Aug 2025 Rest

Full rest day. Light mobility or short walk only. Focus on foam rolling and sleep.  
Goal: Second weekly rest to consolidate recovery and maintain freshness for quality midweek sessions.

Tuesday, 12 Aug 2025 Easy Run

Easy run 6 km. Maintain relaxed cadence and focus on efficient stride. Finish with 6 minutes of strides.  
Goal: Enhance aerobic capacity while rehearsing turnover. Strides improve neuromuscular coordination for race pace later.

Wednesday, 13 Aug 2025 Yoga

45 minute yoga session emphasizing hips, hamstrings and thoracic mobility. Include breathing and relaxation.  
Goal: Improve flexibility, mobility and recovery to support running mechanics and reduce injury risk.

Thursday, 14 Aug 2025 Tempo

Tempo run 6 km total with 3 km at comfortably hard pace. Warm up and cool down easy.  
Goal: Raise lactate threshold and improve ability to sustain faster half marathon pace comfortably.

Friday, 15 Aug 2025 Easy Run

Recovery easy run 6 km at very comfortable pace. Keep heart rate low and relaxed.  
Goal: Promote blood flow and recovery after tempo while maintaining weekly mileage and aerobic stimulus.

Saturday, 16 Aug 2025 Long Run

Long run 14 km at steady easy pace. Practice fueling and race day routines. Walk short hills as needed.  
Goal: Further build endurance and confidence for longer efforts while adapting tissues to increased volume.

Sunday, 17 Aug 2025 Rest

Full rest day. No structured exercise. Focus on hydration and gentle mobility.  
Goal: Support recovery after long run and prevent cumulative fatigue during early base-building.

Monday, 18 Aug 2025 Rest

Full rest day. Light activity only. Prioritize sleep and soft tissue work.  
Goal: Additional recovery day to allow adaptation and reduce injury risk with increasing load.

Tuesday, 19 Aug 2025 Easy Run

Easy run 7 km. Keep conversational pace. Finish with 5 x 20 second strides with full recovery.  
Goal: Maintain aerobic base and introduce gentle speed work for neuromuscular adaptation without heavy fatigue.

Wednesday, 20 Aug 2025 Yoga

45 minute yoga focusing on balance and hip mobility. Include breathing and relaxation at the end.  
Goal: Promote recovery, mobility and mental calm to support consistent training and injury prevention.

Thursday, 21 Aug 2025 Intervals

Interval session on track or flat road. Warm up 2 km then 6 x 400 m at 5k pace with 200 m jog recoveries. Cool down 2 km.  
Goal: Improve VO2 and speed consistency. Intervals develop race stamina and running economy.

Friday, 22 Aug 2025 Easy Run

Easy recovery run 6 km at gentle pace. Emphasize relaxed breathing and form.  
Goal: Flush metabolic byproducts from intervals and maintain aerobic training with low risk of overload.

Saturday, 23 Aug 2025 Long Run

Long run 16 km at easy pace. Practice pacing and nutrition plan. Include last 3 km slightly quicker if feeling strong.  
Goal: Increase long-run endurance and simulate late-race sensations to prepare for half marathon demands.

Sunday, 24 Aug 2025 Rest

Full rest day. No running. Gentle walking and mobility recommended.  
Goal: Recovery after long run to allow supercompensation and reduce injury risk during base phase.

Monday, 25 Aug 2025 Rest

Full rest day. Focus on sleep, hydration and light mobility.  
Goal: Consolidate adaptations and maintain freshness for midweek quality sessions and sustained progress.

Tuesday, 26 Aug 2025 Easy Run

Easy run 8 km at conversational pace. Include 6 x 20 second strides at the end.  
Goal: Sustain aerobic volume while rehearsing turnover and leg speed without heavy fatigue.

Wednesday, 27 Aug 2025 Yoga

45 minute yoga session with emphasis on posterior chain and core stability. Include breathing and relaxation.  
Goal: Support mobility, core strength and recovery to enhance running form and prevent injuries.

Thursday, 28 Aug 2025 Tempo

Tempo run 8 km total with 5 km at tempo pace. Warm up and cool down easy.  
Goal: Improve lactate threshold and ability to sustain target pace for longer segments of the half marathon.

Friday, 29 Aug 2025 Easy Run

Easy recovery run 6 km at relaxed pace. Focus on smooth cadence and soft footstrike.  
Goal: Promote recovery while maintaining aerobic fitness and preparing for weekend long run.

Saturday, 30 Aug 2025 Long Run

Long run 18 km at easy conversational pace. Practice fueling every 30–40 minutes and hydration.  
Goal: Build race-specific endurance and confidence for half marathon distance through progressive long runs.

Sunday, 31 Aug 2025 Rest

Full rest day. No structured training. Gentle mobility and sleep prioritized.  
Goal: Critical recovery day after longest run this block to adapt and reduce injury risk before next week.

Monday, 01 Sep 2025 Rest

Full rest day. Short walks and light stretching only. Focus on nutrition.  
Goal: Allow recovery and consolidation of training adaptations ahead of upcoming quality workouts.

Tuesday, 02 Sep 2025 Easy Run

Easy run 8 km with relaxed effort. Include 6 x 20 second strides with full recovery.  
Goal: Maintain aerobic conditioning and neuromuscular readiness without causing undue fatigue.

Wednesday, 03 Sep 2025 Yoga

45 minute yoga session focusing on hips, calves and breathing. Gentle flow and relaxation.

Goal: Support flexibility, mobility and mental recovery to sustain consistent training and prevent overuse injuries.

Thursday, 04 Sep 2025 Intervals

Track session. Warm up 2 km. Do 5 x 600 m at 10k pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Develop speed endurance and running economy to improve pace control for goal half marathon time.

Friday, 05 Sep 2025 Easy Run

Easy recovery run 6 km at conversational pace. Focus on form and relaxed breathing.

Goal: Flush fatigue from intervals and maintain weekly mileage while preparing for next long run progression.

Saturday, 06 Sep 2025 Long Run

Long run 20 km easy. Practice fueling schedule and pacing. Finish comfortably and evaluate recovery needs.

Goal: Peak long run for this block to build endurance reserve and confidence for half marathon distance.

Sunday, 07 Sep 2025 Rest

Full rest day. Emphasize sleep, nutrition and gentle mobility. No running.

Goal: Recover from long run and allow adaptation. Rest supports consistency and readiness for next training segment.

Monday, 08 Sep 2025 Rest

Full rest day. No running. Gentle walking and light mobility for 20 minutes. Prioritize sleep and hydration.

Goal: Allow recovery after previous block. Restore energy and reduce injury risk to sustain consistent training progress.

Tuesday, 09 Sep 2025 Intervals

Warm up 2.5 km. Do 6 x 400 m at 5k pace with 90 second jog recoveries. Cool down 2 km.

Goal: Build speed and VO2 efficiency. Improve leg turnover and race pace control without excessive fatigue.

Wednesday, 10 Sep 2025 Yoga

45 minute yoga focusing on hips glutes hamstrings and breath. Include gentle mobility and relaxation.

Goal: Enhance flexibility and recovery. Maintain joint range of motion and reduce stiffness for upcoming quality sessions.

Thursday, 11 Sep 2025 Easy Run

Easy run 8 km at conversational pace. Finish with 6 x 20 second strides with full recovery between strides.

Goal: Promote aerobic recovery and neuromuscular readiness. Keep mileage steady while staying fresh for intervals.

Friday, 12 Sep 2025 Easy Run

Easy recovery run 6 km relaxed pace. Include cadence focus and light form drills post run.

Goal: Flush residual fatigue from interval day. Reinforce efficient running form and steady aerobic base.

Saturday, 13 Sep 2025 Long Run

Long run 18 km easy. Practice fueling and steady conversational pacing. Finish relaxed.

Goal: Build endurance specific to half marathon. Practice nutrition and pacing while avoiding excessive fatigue.

Sunday, 14 Sep 2025 Rest

Full rest day. Gentle walking and light stretching only. Focus on nutrition and sleep.

Goal: Consolidate adaptations from long run. Reduce injury risk and restore energy for next training week.

Monday, 15 Sep 2025 Rest

Full rest day. No structured training. Gentle mobility if desired.

Goal: Maintain two rest days. Support recovery and readiness for midweek quality work.

Tuesday, 16 Sep 2025 Tempo

Warm up 3 km. 20 minutes tempo at comfortably hard half marathon effort. Cool down 2 km easy.

Goal: Improve lactate threshold and ability to sustain faster pace. Target race pace confidence and endurance.

Wednesday, 17 Sep 2025 Yoga

40 minute yoga session emphasizing hip mobility calves and breathing. Include relaxation at end.

Goal: Support recovery and flexibility. Aid muscle balance and reduce tension after tempo session.

Thursday, 18 Sep 2025 Easy Run

Easy run 10 km conversational pace. Include 4 x 20 second strides with full recovery.

Goal: Aerobic maintenance and gentle progression of weekly mileage. Keep legs fresh for long run.

Friday, 19 Sep 2025 Easy Run

Recovery run 6 km easy. Focus on relaxed breathing and soft foot strike.

Goal: Promote circulation and recovery while avoiding added fatigue before long effort.

Saturday, 20 Sep 2025 Long Run

Long run 20 km steady easy pace. Test fueling plan and half marathon pacing segments.

Goal: Increase endurance and confidence at longer distances. Practice pacing strategy and race nutrition under similar conditions.

Sunday, 21 Sep 2025 Rest

Full rest day. Light mobility and walking only. Prioritize sleep and protein intake.

Goal: Recover from long run. Allow physiological adaptation and prevent overuse injury.

Monday, 22 Sep 2025 Rest

Full rest day. Gentle stretching and foam rolling as needed.

Goal: Maintain recovery rhythm. Reset for midweek interval focus.

Tuesday, 23 Sep 2025 Intervals

Warm up 3 km. Do 5 x 600 m at 10k pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Develop speed endurance required for strong half marathon finish. Enhance pace control and economy.

Wednesday, 24 Sep 2025 Yoga

45 minute yoga flow focusing on hips hamstrings and breathing. Gentle mobility and relaxation.

Goal: Support recovery and mobility. Reduce muscular tension and maintain consistency in training.

Thursday, 25 Sep 2025 Easy Run

Easy run 8 km conversational pace. Include form drills after run and 4 x 20 second strides.

Goal: Keep aerobic base and neuromuscular readiness while minimizing fatigue before long run.

Friday, 26 Sep 2025 Easy Run

Recovery run 6 km relaxed pace. Emphasize cadence and relaxed breathing.

Goal: Aid recovery from intervals and maintain weekly mileage without undue stress.

Saturday, 27 Sep 2025 Long Run

Long run 22 km easy. Include final 3 km slightly quicker but controlled. Practice fueling and pacing.

Goal: Extend endurance and simulate late-race fatigue. Build confidence for race distance and finish strength.

Sunday, 28 Sep 2025 Rest

Full rest day. Gentle walking and mobility only. Focus on sleep and nutrition.

Goal: Important recovery day after extended long run. Facilitate tissue repair and adaptation.

Monday, 29 Sep 2025 Rest

Full rest day. Light stretching and optional short walk.

Goal: Consolidate training adaptations and recharge for quality midweek sessions.

Tuesday, 30 Sep 2025 Tempo

Warm up 3 km. 25 minutes tempo at comfortably hard pace. Cool down 2 km easy.

Goal: Raise lactate threshold and improve sustained pace capability for target half marathon time.

Wednesday, 01 Oct 2025 Yoga

45 minute yoga concentrating on mobility for hips calves and shoulders. Include breathing practice.

Goal: Support recovery and flexibility. Maintain mobility to reduce injury risk and aid performance.

Thursday, 02 Oct 2025 Easy Run

Easy run 10 km conversational pace. Include 6 x 20 second strides with full recovery.

Goal: Maintain aerobic base and reinforce efficient form. Prepare legs for upcoming long run.

Friday, 03 Oct 2025 Easy Run

Recovery run 6 km easy. Focus on relaxed effort and soft landing.

Goal: Flush fatigue and maintain consistency. Keep training load moderate before long run.

Saturday, 04 Oct 2025 Long Run

Long run 20 km easy. Practice race fueling and steady pacing. Finish comfortable and evaluate recovery needs.

Goal: Sustain endurance baseline and practice pacing strategy. Build confidence without excessive fatigue.

Sunday, 05 Oct 2025 Rest

Full rest day. No running. Gentle mobility and sleep prioritized.

Goal: Allow recovery from long effort. Support tissue repair and energy restoration for next cycle.

Monday, 06 Oct 2025 Rest

Full rest day. Light stretching and walking only.

Goal: Maintain two rest days to consolidate adaptations and reduce cumulative fatigue.

## Training Schedule (continued)

Tuesday, 07 Oct 2025 Intervals

Warm up 3 km. Do 8 x 400 m at 5k pace with 90 second jog recoveries. Cool down 2 km.

Goal: Sharpen speed and turnover. Build race pace leg speed while avoiding overtraining.

Wednesday, 08 Oct 2025 Yoga

45 minute restorative yoga focusing on hips hamstrings and breath. Include gentle mobility.

Goal: Aid recovery and maintain flexibility. Support long term consistency and injury prevention.

Thursday, 09 Oct 2025 Easy Run

Easy run 8 km at conversational pace. Include 6 x 20 second strides with full recovery between efforts.

Goal: Maintain aerobic base and promote recovery after last week. Prepare legs for upcoming quality work while keeping fatigue low.

Friday, 10 Oct 2025 Strength

45 minute strength session. Focus on single leg squats, glute bridges, core planks and hip stability exercises.

Goal: Build muscular resilience and reduce injury risk. Support improved running economy and sustain training load for the cycle.

Saturday, 11 Oct 2025 Long Run

Long run 22 km easy. Practice steady fueling every 45 minutes. Finish comfortably and note pacing and hydration effect.

Goal: Extend endurance and confidence for race distance. Reinforce fueling strategy and build aerobic capacity without excessive fatigue.

Sunday, 12 Oct 2025 Rest

Full rest day. No running. Gentle mobility and walking only. Prioritize sleep and nutrition for recovery.

Goal: Allow physiological recovery and adaptation from long run. Reduce cumulative fatigue and prepare for next training week.

Monday, 13 Oct 2025 Rest

Full rest day. Light stretching and short walks. Avoid structured workouts to consolidate gains.

Goal: Support tissue repair and energy restoration. Maintain two consecutive rest days to manage load and prevent overtraining.

Tuesday, 14 Oct 2025 Intervals

Warm up 3 km. Do 6 x 800 m at 10k pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Improve VO2 and pace familiarity. Sharpen sustained speed and lactate tolerance for mid-race strength.

Wednesday, 15 Oct 2025 Yoga

45 minute yoga focusing on hips hamstrings and thoracic mobility. Include breathing and relaxation.

Goal: Aid recovery. Preserve flexibility and mobility. Support consistent training and reduce injury risk.

Thursday, 16 Oct 2025 Easy Run

Easy run 10 km conversational pace. Include 5 x 20 second strides with full recovery.

Goal: Maintain aerobic base while promoting recovery from intervals. Reinforce efficient form and turnover.

Friday, 17 Oct 2025 Tempo

Warm up 3 km. Run 6 km at tempo pace comfortably hard. Cool down 2 km easy.

Goal: Raise lactate threshold and sustain faster pace for longer. Build ability to tolerate race efforts near goal pace.

Saturday, 18 Oct 2025 Long Run

Long run 24 km easy with last 6 km at moderate steady pace. Practice mid-run fueling and pacing.

Goal: Build endurance and simulate late race fatigue. Practice pacing strategy and nutrition under mild stress.

Sunday, 19 Oct 2025 Rest

Full rest day. Gentle mobility and short walk if desired. Prioritize sleep and hydration.

Goal: Recovery day to consolidate adaptations from long run. Reduce injury risk and manage weekly load.

Monday, 20 Oct 2025 Rest

Full rest day. No running. Gentle stretching and foam rolling allowed.

Goal: Complete recovery to begin new quality block. Support adaptation and readiness for intervals.

Tuesday, 21 Oct 2025 Intervals

Warm up 3 km. Do 10 x 400 m at 5k pace with 90 second jog recoveries. Cool down 2 km.

Goal: Develop leg speed and turnover. Improve anaerobic capacity supporting faster race finishes.

Wednesday, 22 Oct 2025 Yoga

45 minute mobility yoga focusing on hips calves and shoulders. Include breathing practice.

Goal: Aid recovery and maintain flexibility. Support consistent training and reduce stiffness after intervals.

Thursday, 23 Oct 2025 Easy Run

Easy run 12 km conversational. Keep effort relaxed. Include 4 x 20 second strides at the end.

Goal: Sustain aerobic base and promote recovery while keeping weekly mileage stable. Maintain running economy.

Friday, 24 Oct 2025 Progression

Progression run 14 km. Start easy and gradually increase pace so final 3 km are at half marathon effort.

Goal: Train ability to finish strong. Practice pacing and controlled increase in effort late in run.

Saturday, 25 Oct 2025 Long Run

Long run 26 km easy. Practice race day routine including breakfast timing and mid-run gels. Finish comfortably.

Goal: Increase endurance buffer and test race fueling. Build confidence for target distance and pacing.

Sunday, 26 Oct 2025 Rest

Full rest day. Gentle mobility and walking only. Prioritize nutrition and sleep.

Goal: Essential recovery after long endurance load. Reduce fatigue and allow tissue repair for next week.

Monday, 27 Oct 2025 Rest

Full rest day. Passive recovery. Light stretching if needed. Avoid structured training.

Goal: Consolidate adaptations and replenish energy stores. Keep two rest days to control cumulative load.

Tuesday, 28 Oct 2025 Intervals

Warm up 3 km. Do 5 x 1 km at slightly faster than half marathon pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Improve sustained speed and pacing accuracy near race pace. Enhance confidence at goal effort.

Wednesday, 29 Oct 2025 Yoga

45 minute restorative yoga. Focus on hamstrings hips and breath control. Include gentle mobility.

Goal: Support recovery and flexibility. Maintain mobility for running economy and injury prevention.

Thursday, 30 Oct 2025 Easy Run

Easy run 10 km conversational pace. Add 6 x 20 second strides with full recovery near the end.

Goal: Maintain aerobic base and promote recovery from intervals. Reinforce form and efficient turnover.

Friday, 31 Oct 2025 Tempo

Warm up 3 km. Run 8 km at tempo pace. Cool down 2 km easy. Keep effort steady and controlled.

Goal: Raise lactate threshold and build ability to hold a strong sustained pace. Prepare for long run demands.

Saturday, 01 Nov 2025 Long Run

Long run 28 km easy. Practice race pacing in middle segments and fueling every 30 to 45 minutes.

Goal: Maximize endurance and mental readiness for race distance. Test nutrition and pacing under extended fatigue.

Sunday, 02 Nov 2025 Rest

Full rest day. Gentle stretching and walking only. Prioritize sleep and recovery.

Goal: Allow adaptation from a high volume long run. Reduce risk of overuse and prepare for upcoming quality sessions.

Monday, 03 Nov 2025 Rest

Full rest day. No running. Focus on mobility, hydration and nutrition.

Goal: Consolidate recovery and maintain freshness. Two rest days support sustainable progression.

Tuesday, 04 Nov 2025 Intervals

Warm up 3 km. Do 6 x 800 m at 10k pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Maintain speed endurance and improve threshold capacity. Sharpen pacing and turnover without excess fatigue.

Wednesday, 05 Nov 2025 Yoga

45 minute yoga focusing on recovery mobility for hips hamstrings and shoulders. Include breathing and relaxation.

Goal: Promote recovery and flexibility. Support consistent training and reduce injury risk before long run.

Thursday, 06 Nov 2025 Easy Run

Easy run 8 km conversational pace. Include 6 x 20 second strides with full recovery at the end.

Goal: Flush fatigue and maintain aerobic fitness. Prepare legs for weekend long run with low-stress stimulus.

Friday, 07 Nov 2025 Progression

Progression run 12 km. Start easy and finish last 3 km at moderate hard effort. Focus on smooth increases.

Goal: Train finishing strength and pacing control. Build confidence to handle increased speed late in long efforts.

Saturday, 08 Nov 2025 Long Run

Long run 20 km easy. Keep effort relaxed and practice final fueling and pacing notes for the block.

Goal: Maintain endurance while beginning slight load reduction. Solidify race fueling and pacing skills before next segment.

Sunday, 09 Nov 2025 Rest

Full rest day. No running. Focus on mobility, hydration and sleep to support recovery.

Goal: Allow full recovery after previous block and consolidate adaptations from recent high volume training.

Monday, 10 Nov 2025 Rest

Full rest day. Gentle walking and light stretching only. Prioritize nutrition and sleep.

Goal: Extend recovery to ensure freshness before resuming quality sessions and reduce injury risk.

Tuesday, 11 Nov 2025 Intervals

Warm up 3 km. Do 5 x 1000 m at 10k pace with 2 minute jog recoveries. Cool down 2 km.

Goal: Improve VO2 and race pace maintenance while keeping session controlled to avoid excess fatigue.

Wednesday, 12 Nov 2025 Yoga

45 minute yoga focusing on hip and hamstring mobility and breathing. Gentle flows and relaxation.

Goal: Enhance recovery, mobility and breathing control to support running form and reduce injury risk.

Thursday, 13 Nov 2025 Easy

Easy run 8 km conversational pace. Include 6 x 20 second strides with full recovery at the end.

Goal: Promote aerobic recovery while maintaining turnover and preparing legs for weekend long run.

Friday, 14 Nov 2025 Progression

Progression run 12 km. Start relaxed and finish last 3 km at steady tempo effort. Cool down 2 km.

Goal: Train ability to sustain faster pace late in runs. Build threshold strength for half marathon pace.

Saturday, 15 Nov 2025 Long Run

Long run 22 km easy. Practice steady fueling every 30 to 45 minutes and finish relaxed. Include walking if needed.  
Goal: Build endurance and aerobic capacity. Reinforce fueling, pacing and mental confidence for race distance.

Sunday, 16 Nov 2025 Rest

Full rest day. Gentle mobility and short walks only. Prioritize sleep and recovery.  
Goal: Allow adaptation from the long run and reduce injury risk while consolidating endurance gains.

Monday, 17 Nov 2025 Rest

Full rest day. Light stretching and foam rolling only. Hydrate and nourish well.  
Goal: Continue recovery block to maintain training sustainability and freshness for quality midweek work.

Tuesday, 18 Nov 2025 Intervals

Warm up 3 km. Do 6 x 800 m at faster than 10k pace with 2 minute jog recoveries. Cool down 2 km.  
Goal: Develop speed endurance and leg turnover. Keep intensity controlled to avoid consecutive hard days.

Wednesday, 19 Nov 2025 Yoga

45 minute yoga focusing on core stability and hip mobility. Emphasize breath and relaxation.  
Goal: Support recovery and maintain mobility. Improve posture and cadence efficiency for running.

Thursday, 20 Nov 2025 Easy

Easy run 10 km conversational pace. Finish with 4 x 20 second strides with full recovery.  
Goal: Promote aerobic volume while keeping fatigue low. Maintain leg speed and neuromuscular readiness.

Friday, 21 Nov 2025 Tempo

Warm up 3 km. 6 km steady tempo at comfortably hard pace. Cool down 2 km. Total 11 km.  
Goal: Raise lactate threshold and improve sustained race pace comfort for the half marathon target.

Saturday, 22 Nov 2025 Long Run

Long run 24 km easy. Include 10 minute moderate segment near planned half marathon pace mid-run.  
Goal: Increase endurance and practice pacing and nutrition strategies under moderate fatigue.

Sunday, 23 Nov 2025 Rest

Full rest day. Gentle mobility and easy walks. Prioritize sleep and recovery.  
Goal: Recover fully from long effort. Allow physiological adaptation and reduce cumulative fatigue.

Monday, 24 Nov 2025 Rest

Full rest day. Light stretching and hydration focus. Avoid high impact activities.  
Goal: Maintain recovery rhythm and prepare for upcoming quality sessions with fresh legs.

Tuesday, 25 Nov 2025 Intervals

Warm up 3 km. Do 8 x 400 m at 5k pace with 90 second recoveries. Cool down 2 km.  
Goal: Improve speed, leg turnover and running economy while keeping sessions short and sharp.

Wednesday, 26 Nov 2025 Yoga

45 minute yoga for hips hamstrings and shoulders. Include mobility and breathing work.  
Goal: Support recovery, flexibility and core strength to reduce injury risk and improve form.

Thursday, 27 Nov 2025 Easy

Easy run 10 km conversational pace. Add 6 x 20 second strides with full recovery at the end.  
Goal: Maintain aerobic base while flushing fatigue and preserving neuromuscular sharpness.

Friday, 28 Nov 2025 Progression

Progression run 14 km. Start easy and build so last 4 km are moderately hard. Cool down 2 km.  
Goal: Train ability to increase pace late in long efforts and improve finishing strength for race pace.

Saturday, 29 Nov 2025 Long Run

Long run 26 km easy. Practice consistent fueling and pacing. Simulate mid-race routine and nutrition timing.  
Goal: Maximize endurance and confidence for race distance. Test pacing and fueling under longer fatigue.

Sunday, 30 Nov 2025 Rest

Full rest day. Gentle stretching and walking only. Prioritize recovery and sleep.  
Goal: Recover from the long run and allow adaptations. Prevent overuse and maintain consistency.

Monday, 01 Dec 2025 Rest

Full rest day. Light mobility and recovery breathing exercises. Hydrate and refuel well.  
Goal: Continue recovery phase to consolidate long run gains and reduce cumulative load.

Tuesday, 02 Dec 2025 Intervals

Warm up 3 km. Do 5 x 1200 m at slightly faster than half marathon pace with 2.5 minute jog recoveries. Cool down 2 km.  
Goal: Enhance ability to hold race pace under fatigue. Improve lactate clearance and endurance speed.

Wednesday, 03 Dec 2025 Yoga

45 minute yoga targeting recovery mobility for hips hamstrings and spine. Focus on relaxation.  
Goal: Maintain flexibility and recovery. Support consistent training and reduce injury risk.

Thursday, 04 Dec 2025 Easy

Easy run 10 km conversational pace. Finish with 6 x 20 second strides with full recovery.  
Goal: Promote recovery while retaining aerobic volume and improving turnover and running economy.

Friday, 05 Dec 2025 Tempo

Warm up 3 km. 8 km at tempo pace near lactate threshold. Cool down 2 km. Total 13 km.  
Goal: Raise threshold and strengthen ability to sustain faster paces comfortably for the half marathon.

## Training Schedule (continued)

Saturday, 06 Dec 2025 Long Run

Long run 28 km easy. Include 15 minutes at steady half marathon effort mid-run. Practice fueling and pacing.  
Goal: Peak long endurance stimulus. Build confidence for race distance and rehearse nutrition under fatigue.

Sunday, 07 Dec 2025 Rest

Full rest day. Gentle mobility and walking. Prioritize sleep and nutrition to recover from peak long run.  
Goal: Allow recovery after peak volume. Begin short recovery phase while preserving fitness gains.

Monday, 08 Dec 2025 Rest

Full rest day. Light stretching and relaxation. Avoid running and heavy activity.  
Goal: Extend recovery window to consolidate adaptations and reduce injury risk before resuming training.

Tuesday, 09 Dec 2025 Easy

Easy run 8 km conversational pace. Include 4 x 20 second strides with full recovery at the end.  
Goal: Restart training gently after recovery. Maintain aerobic base while keeping fatigue low.

Wednesday, 10 Dec 2025 Yoga

45 minute yoga focusing on hips hamstrings and thoracic mobility. Include breathing and gentle stretching.  
Goal: Maintain flexibility and recovery. Support subsequent training quality and reduce injury risk.

Thursday, 11 Dec 2025 Intervals

Warm up 3 km. 6 x 800 m at 5K effort with 2.5 minute jog recoveries. Cool down 2 km.  
Goal: Build VO2 and speed endurance to improve race pace sustenance and boost lactate clearance.

Friday, 12 Dec 2025 Easy

Easy run 8 km conversational pace. Finish with 5 x 20 second strides with full recovery.  
Goal: Promote recovery while preserving aerobic fitness and improve turnover ahead of long run.

Saturday, 13 Dec 2025 Long Run

Long run 20 km easy. Include 20 minutes at steady half marathon effort in the middle. Practice fueling.  
Goal: Develop endurance and practice pacing and nutrition to prepare for sustaining race effort.

Sunday, 14 Dec 2025 Rest

Full rest day. Gentle walking and light mobility only. Prioritize sleep and nutrition.  
Goal: Consolidate adaptations from long run. Reduce fatigue and lower injury risk for next training week.

Monday, 15 Dec 2025 Rest

Full rest day. Focus on recovery routines and short mobility. No running.  
Goal: Allow full recovery after weekend load. Restore freshness for quality midweek sessions.

Tuesday, 16 Dec 2025 Easy

Easy run 10 km conversational pace. Keep heart rate low and effort comfortable.  
Goal: Maintain aerobic base while increasing weekly volume gradually and preparing for tempo session.

Wednesday, 17 Dec 2025 Yoga

45 minute yoga for recovery. Emphasize hip opening and hamstring release. Finish with relaxation.  
Goal: Support recovery and mobility. Improve range of motion to aid running economy and consistency.

Thursday, 18 Dec 2025 Tempo

Warm up 3 km. 10 km at tempo pace near lactate threshold. Cool down 2 km. Total 15 km.  
Goal: Raise threshold to sustain faster pace for longer. Improve ability to hold race effort comfortably.

Friday, 19 Dec 2025 Easy

Easy run 8 km conversational pace. Add 6 x 20 second strides with full recovery.

Goal: Promote recovery and neuromuscular turnover while keeping overall fatigue moderate.

Saturday, 20 Dec 2025 Long Run

Long run 22 km easy. Include final 10 minutes at half marathon effort. Practice race pacing and fueling.

Goal: Extend endurance and rehearse finishing strong at race pace under fatigue.

Sunday, 21 Dec 2025 Rest

Full rest day. Gentle mobility and light walking only. Prioritize sleep and hydration.

Goal: Recovery day to adapt to increased long run volume and reduce cumulative fatigue.

Monday, 22 Dec 2025 Rest

Full rest day. Use foam rolling and short walks. Avoid running.

Goal: Allow complete recovery mid-cycle. Prepare body for next week of quality sessions.

Tuesday, 23 Dec 2025 Intervals

Warm up 3 km. 5 x 1200 m at slightly faster than half marathon pace with 2.5 minute jog recoveries. Cool down 2 km.

Goal: Improve ability to sustain race pace under fatigue and enhance lactate tolerance.

Wednesday, 24 Dec 2025 Yoga

45 minute yoga focusing on hips lower back and breathing. Include mobility flows.

Goal: Aid recovery and maintain flexibility. Reduce injury risk and support consistent training.

Thursday, 25 Dec 2025 Easy

Easy run 8 km conversational pace. Keep effort gentle and enjoy relaxed pace.

Goal: Maintain aerobic base with low stress. Avoid hard efforts during holiday period.

Friday, 26 Dec 2025 Progression

Progression run 12 km starting easy and finishing at near tempo pace final 3 km. Include strides.

Goal: Train ability to finish strong and practice speeding up when fatigued. Simulate late-race effort.

Saturday, 27 Dec 2025 Long Run

Long run 18 km easy. Include 3 x 5 minutes at half marathon pace with full recovery between efforts.

Goal: Maintain endurance while beginning a gradual taper. Reinforce race pace familiarity.

Sunday, 28 Dec 2025 Rest

Full rest day. Gentle mobility and recovery walking. Prioritize sleep.

Goal: Consolidate adaptations from weekend training and reduce accumulated fatigue before next week.

Monday, 29 Dec 2025 Rest

Full rest day. Light stretching and hydration. No running.

Goal: Provide recovery after long run week. Prepare for final weeks of focused training.

Tuesday, 30 Dec 2025 Easy

Easy run 8 km conversational pace. Finish with 6 x 20 second strides.

Goal: Keep legs moving and maintain aerobic fitness while avoiding heavy fatigue before New Year sessions.

Wednesday, 31 Dec 2025 Yoga

45 minute yoga focusing on recovery mobility and relaxation. Gentle stretches only.

Goal: Support recovery and flexibility. Maintain readiness for upcoming interval session.

Thursday, 01 Jan 2026 Fartlek

Fartlek 10 km with 8 x 1 minute pickups at 5K effort with easy jog recoveries. Maintain conversational pace otherwise.

Goal: Develop speed-endurance and improve turnover without maximal stress. Keep training varied.

Friday, 02 Jan 2026 Easy

Easy run 10 km conversational pace. Focus on relaxed breathing and form. Include 4 strides.

Goal: Promote recovery and maintain aerobic volume. Prepare for upcoming quality day.

Saturday, 03 Jan 2026 Long Run

Long run 12 km easy. Keep pace comfortable and practice efficient fueling and pacing routines.

Goal: Begin focused taper while keeping aerobic stimulus. Preserve endurance and sharpen race readiness.

Sunday, 04 Jan 2026 Rest

Full rest day. Gentle mobility and light walking. Prioritize sleep and nutrition.

Goal: Recovery day to reduce fatigue during taper. Allow supercompensation before final training week.

Monday, 05 Jan 2026 Rest

Full rest day. Light stretching and relaxation. Avoid running.

Goal: Maintain low load during taper. Preserve freshness for last quality sessions before race build-up.

Tuesday, 06 Jan 2026 Intervals

Warm up 3 km. 4 x 800 m at 5K effort with 2 minute recoveries. Cool down 2 km.

Goal: Keep sharpness and turnover while limiting volume. Maintain speed without inducing excessive fatigue.

Wednesday, 07 Jan 2026 Yoga

30 minute yoga focusing on mobility and relaxation. Gentle flows and breathing.

Goal: Promote recovery and maintain flexibility. Support readiness for final segment of plan.

Thursday, 08 Jan 2026 Easy

Easy run 8 km conversational pace with 4 x 20 second strides at the end. Keep effort relaxed.

Goal: Sustain aerobic base and maintain leg turnover while minimizing fatigue entering next training block.

Friday, 09 Jan 2026 Easy

Easy run 8 km at conversational pace. Include 5 x 20 second strides at the end to maintain turnover.

Goal: Maintain aerobic base while limiting fatigue. Preserve freshness before a harder midweek session.

Saturday, 10 Jan 2026 Long Run

Long run 18 km easy. Practice fueling and steady pacing. Keep effort comfortable and controlled.

Goal: Build endurance and race-specific stamina. Reinforce pacing and nutrition strategies for race day.

Sunday, 11 Jan 2026 Rest

Full rest day. Gentle mobility and short walks only. Prioritize sleep and nutrition.

Goal: Allow recovery after long run. Promote supercompensation and reduce muscle fatigue before next week.

Monday, 12 Jan 2026 Rest

Full rest day. Light stretching and relaxation. Avoid running and heavy activity.

Goal: Consolidate recovery. Prevent accumulated fatigue and prepare for quality interval session.

Tuesday, 13 Jan 2026 Intervals

Warm up 3 km. 6 x 800 m at 5K effort with 2 minute jog recoveries. Cool down 2 km.

Goal: Sharpen speed and VO2 turnover. Maintain leg speed without excessive volume close to race.

Wednesday, 14 Jan 2026 Yoga

35 minute yoga focusing on mobility and breath. Gentle flows for hips and thoracic spine.

Goal: Aid recovery and maintain flexibility. Improve movement quality and readiness for weekend mileage.

Thursday, 15 Jan 2026 Easy

Easy run 10 km conversational pace. Keep relaxed form and include 6 x 20 second strides.

Goal: Promote recovery while maintaining aerobic fitness. Prepare legs for upcoming long run.

Friday, 16 Jan 2026 Progression

Progression run 12 km. Start easy and finish final 3 km at slightly faster than half marathon pace.

Goal: Train pace discipline and ability to finish strong. Improve lactate tolerance for race efforts.

Saturday, 17 Jan 2026 Long Run

Long run 20 km easy. Include small sections at goal half marathon pace for 3 x 3 minutes with easy jog recoveries.

Goal: Build endurance and practice race pace in a fatigued state. Reinforce fueling and pacing.

Sunday, 18 Jan 2026 Rest

Full rest day. Gentle mobility and recovery-focused activities only. No running.

Goal: Recover fully from long effort. Allow adaptation to higher weekly load and prevent injury.

Monday, 19 Jan 2026 Rest

Full rest day. Light stretching and short walks allowed. Emphasize sleep and nutrition.

Goal: Conserve energy. Reduce accumulated fatigue and maintain freshness for midweek quality.

Tuesday, 20 Jan 2026 Tempo

Warm up 3 km. 20 minute tempo at half marathon pace plus 10-15 seconds per km. Cool down 2 km.

Goal: Improve sustained race pace tolerance. Develop steady effort control and aerobic threshold.

Wednesday, 21 Jan 2026 Yoga

30 minute yoga session focusing on hip flexibility and breathing. Gentle flows and relaxation.

Goal: Support recovery and mobility. Enhance movement efficiency and readiness for weekend long run.

Thursday, 22 Jan 2026 Easy

Easy run 8 km conversational pace. Include 6 x 20 second strides at the end.

Goal: Maintain aerobic base with low stress. Preserve turnover and assist recovery after yoga.

Friday, 23 Jan 2026 Intervals

Warm up 3 km. 5 x 1000 m at slightly faster than half marathon pace with 2.5 minute recoveries. Cool down 2 km.

Goal: Develop sustainable speed and pacing. Maintain leg turnover without excessive fatigue.

Saturday, 24 Jan 2026 Long Run

Long run 16 km easy. Include 5 km middle at goal half marathon pace to practice pacing and fueling.

Goal: Reinforce pacing strategy. Build confidence running steady segments at race pace during fatigue.

Sunday, 25 Jan 2026 Rest

Full rest day. Gentle mobility and recovery. Avoid running.

Goal: Allow physiological recovery and mental freshness before final training week and taper.

Monday, 26 Jan 2026 Rest

Full rest day. Light stretching and short walks only. Hydrate and focus on sleep.

Goal: Consolidate recovery. Keep energy stores high for final quality sessions.

Tuesday, 27 Jan 2026 Intervals

Warm up 3 km. 4 x 800 m at 5K effort with 3 minute jog recoveries. Keep session sharp but shorter.  
Goal: Maintain race sharpness while minimizing fatigue in taper phase. Preserve speed endurance.

Wednesday, 28 Jan 2026 Yoga

30 minute yoga for mobility and relaxation. Gentle sequences for hips and back.  
Goal: Support recovery. Improve mobility and calm the nervous system during taper.

Thursday, 29 Jan 2026 Easy

Easy run 6 km conversational pace. Keep effort very relaxed. No strides.  
Goal: Promote recovery and maintain light aerobic flow. Minimize fatigue in final week before race.

Friday, 30 Jan 2026 Easy

Easy run 5 km with 4 x 20 second strides at the end. Keep pace effortless.  
Goal: Maintain leg turnover and freshness. Prepare body for final short quality session two days before race.

Saturday, 31 Jan 2026 Long Run

Final long run 12 km easy. Include 10 minutes at race pace mid-run. Keep overall effort relaxed.  
Goal: Last endurance stimulus. Reinforce pacing and confidence while beginning final tapering.

Sunday, 01 Feb 2026 Rest

Full rest day. Gentle mobility and mental preparation. Focus on nutrition and sleep.  
Goal: Maximize recovery and glycogen stores. Ensure readiness for final quality day and race week.

Monday, 02 Feb 2026 Rest

Full rest day. Light mobility and short walks only. Keep routine calm and sleep-focused.  
Goal: Complete taper. Reduce load to arrive at race fully recovered and sharp.

Tuesday, 03 Feb 2026 Easy

Easy run 5 km conversational pace. Include 4 easy strides. Keep run relaxed and short.  
Goal: Maintain light blood flow and neuromuscular readiness. Preserve freshness two days from race.

## Training Schedule (continued)

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Wednesday, 04 Feb 2026 Yoga

20 minute gentle yoga and mobility. Focus on breathing and relaxation. Keep movements easy.

Goal: Reduce nervous tension and improve mobility. Support recovery and mental readiness for race.

Thursday, 05 Feb 2026 Easy

Short easy run 4 km with 3 strides. Keep pace very comfortable. Hydrate and review race plan.

Goal: Final loose run to keep legs responsive. Maintain calm and confidence before race day.

Friday, 06 Feb 2026 Rest

Full rest day. Prepare gear and nutrition. Early bedtime and mental rehearsal.

Goal: Ensure complete recovery and peak freshness. Finalize race strategy and logistics.

Saturday, 07 Feb 2026 Race

Half marathon race day. Warm up lightly. Execute planned pacing strategy aiming for 1:48. Focus on fueling and even splits.

Goal: Achieve target race performance through pacing, fueling, and mental control. Celebrate training and execution.