

Tallinn Marathon

6. - 8.9.2024

12-week Half Marathon Program



Level 1

Come Run With Piia

www.time-to-run.com/marathon/tallinn

Level 1 Program will equip you to complete the Tallinn Half Marathon on the 7th September 2024. The program aims to get you 'running' 5km and then 10km, and by the last 2 weeks of the program you will determine how much you want to run and how much you want to walk. This program will get you to the event and complete it.

Paced Walk (PW) – paced walking is best described by reaching a maximum speed without lifting both feet off the ground at one time. One foot should always be on the ground. If you lift both feet that is running and that is not the aim. Get into a nice smooth rhythm, swinging your arms, bent at a 45 degree angle, so that your hand comes to chin level in front of you. Swing the other arm, 45 degree angle, backwards so that the elbow is in unison with the hand in front of you. The intensity of the walk will be determined by your arms and not your legs, so swing your arms to the speed you would like your legs to move.

Rest = is no exercise – do note, that as you develop, you can consider doing strength exercises for the upper body and doing stretching to assist you recovery.

Active recovery – on these days, it is intended to do light **non weight bearing** exercise for recovery. If you are an experienced cyclist, you can use cycling for active recovery. However, cycling can have the opposite effect on running if everything is not right in terms of saddle height, riding position, resistance, etc. During active recovery, the purpose is to recover, so e.g. swimming is often a better option.

Jog – both feet lifting off the ground, there is no need to consider pace on these days, the intent is to develop time-on-feet while jogging.

| Wk 1-4 | Day | Training | Notes |
|--------|-------|---|-------|
| Mon | 17.6. | 35 minutes paced walk (PW) | |
| Tue | 18.6. | REST | |
| Wed | 19.6. | REST | |
| Thu | 20.6. | 30 minutes PW (paced walk) | |
| Fri | 21.6. | REST | |
| Sat | 22.6. | 35 minutes PW | |
| Sun | 23.6. | REST | |
| Mon | 24.6. | 35 minutes PW | |
| Tue | 25.6. | REST | |
| Wed | 26.6. | 30 minutes PW | |
| Thu | 27.6. | REST | |
| Fri | 28.6. | REST | |
| Sat | 29.6. | 10 min PW + 5 minutes jog + 5 min light walk | |
| Sun | 30.6. | REST | |
| Mon | 1.7. | 60 minutes PW | |
| Tue | 2.7. | REST | |
| Wed | 3.7. | REST | |
| Thu | 4.7. | 10 min PW + 10 minutes jog + 5 min light walk | |
| Fri | 5.7. | REST | |
| Sat | 6.7. | REST | |
| Sun | 7.7. | 10 min PW + 15 minutes jog + 5 min PW | |
| Mon | 8.7. | 30 minutes light walk | |
| Tue | 9.7. | REST | |
| Wed | 10.7. | 10 min PW + 10 minutes jog + 10 min PW | |
| Thu | 11.7. | 35 minutes PW | |
| Fri | 12.7. | REST | |
| Sat | 13.7. | REST | |
| Sun | 14.7. | 5 min PW + 20 minutes jog + 5 min light walk | |

| Wk 5-8 | Day | Training | Notes |
|--------|-------|--|-------|
| Mon | 15.7. | REST | |
| Tue | 16.7. | 5 min PW + 25 minutes jog + 5 min PW | |
| Wed | 17.7. | REST | |
| Thu | 18.7. | 5 min PW + 25 minutes jog + 10 min PW | |
| Fri | 19.7. | REST | |
| Sat | 20.7. | 5 min PW + 25 minutes jog + 10 min PW | |
| Sun | 21.7. | REST | |
| Mon | 22.7. | 40 min PW + 10 minute jog | |
| Tue | 23.7. | REST | |
| Wed | 24.7. | REST | |
| Thu | 25.7. | 20 minutes jog | |
| Fri | 26.7. | REST | |
| Sat | 27.7. | 5 km or Parkrun (if in your area) | |
| Sun | 28.7. | REST or Active recovery | |
| Mon | 29.7. | 60 minutes PW (paced walk) | |
| Tue | 30.7. | REST | |
| Wed | 31.7. | 30 minutes light jog | |
| Thu | 1.8. | 60 minutes PW (paced walk) | |
| Fri | 2.8. | REST | |
| Sat | 3.8. | 60 minutes jog | |
| Sun | 4.8. | REST | |
| Mon | 5.8. | 10 min PW + 40 minutes jog + 10 min PW | |
| Tue | 6.8. | 20 - 30 minutes easy jog | |
| Wed | 7.8. | REST | |
| Thu | 8.8. | 5 km jog | |
| Fri | 9.8. | REST | |
| Sat | 10.8. | 75 minutes jog | |
| Sun | 11.8. | REST | |

| Wk 9-12 | Day | Training | Notes |
|---------|-------|---|-------|
| Mon | 12.8. | 20 minutes jog | |
| Tue | 13.8. | 10 min PW + 40 minutes jog + 10 min PW | |
| Wed | 14.8. | REST | |
| Thu | 15.8. | 20 minutes jog | |
| Fri | 16.8. | REST | |
| Sat | 17.8. | 10 km as you feel | |
| Sun | 18.8. | REST | |
| Mon | 19.8. | 30 minutes paced walk | |
| Tue | 20.8. | 60 minutes paced walk | |
| Wed | 21.8. | REST | |
| Thu | 22.8. | 40 minutes jog / walk as you feel | |
| Fri | 23.8. | REST | |
| Sat | 24.8. | 2 hours exercise jog / walk as you feel | |
| Sun | 25.8. | REST | |
| Mon | 26.8. | Active recovery | |
| Tue | 27.8. | 60 minutes PW | |
| Wed | 28.8. | REST | |
| Thu | 29.8. | 60 minutes walk / jog as you feel | |
| Fri | 30.8. | REST | |
| Sat | 31.8. | 40 minutes PW / jog | |
| Sun | 1.9. | REST | |
| Mon | 2.9. | 30 minutes PW / jog | |
| Tue | 3.9. | 20 minutes PW / jog | |
| Wed | 4.9. | REST | |
| Thu | 5.9. | 20 minutes walk / jog | |
| Fri | 6.9. | REST | |
| Sat | 7.9. | Tallinn Half Marathon Day | |
| Sun | 8.9. | REST | |