

Tallinn Marathon

6. - 8.9.2024

# 12-week Half Marathon Program



## Level 2

Come Run With Piia

[www.time-to-run.com/marathon/tallinn](http://www.time-to-run.com/marathon/tallinn)

Level 2 program is for you if your goal is to run/jog the entire half marathon distance without a specific time goal. The program progresses in such a way that the first goal is to run 5 km, then aim for a 10 km while increasing the distance you cover on a weekly basis. During the first weeks, the program also includes walking. The purpose of walking is to get your body to adapt to the weight bearing exercise which will assist you long term in adapting to the schedule. By the time the last 4 weeks arrive, you may well be considering running the event in a certain time, other than just completing the run.

**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.

**Easy running** – normally at a pace where you can still talk.

| Wk 1-4 | Day   | Training  | Notes |
|--------|-------|---|-------|
| Mon    | 17.6. | 10 min paced walk (PW) + 15 min jog + 5 min paced walk (PW) |       |
| Tue    | 18.6. | REST  |       |
| Wed    | 19.6. | REST  |       |
| Thu    | 20.6. | 3 min PW (paced walk) + 25 min jog + 2 min PW               |       |
| Fri    | 21.6. | REST  |       |
| Sat    | 22.6. | 10 min paced walk + 15 min jog + 5 min PW                   |       |
| Sun    | 23.6. | REST  |       |
| Mon    | 24.6. | 3 min PW (paced walk) + 25 min jog + 2 min PW               |       |
| Tue    | 25.6. | REST  |       |
| Wed    | 26.6. | 3 min PW (paced walk) + 25 min jog + 2 min PW               |       |
| Thu    | 27.6. | REST  |       |
| Fri    | 28.6. | REST  |       |
| Sat    | 29.6. | 30 minutes jog  |       |
| Sun    | 30.6. | Light recovery walk   |       |
| Mon    | 1.7.  | REST  |       |
| Tue    | 2.7.  | 10 min easy jog + 5 min slightly faster tempo + 15 min jog  |       |
| Wed    | 3.7.  | REST  |       |
| Thu    | 4.7.  | 1 h walk with last 5 minutes jogging                        |       |
| Fri    | 5.7.  | REST  |       |
| Sat    | 6.7.  | 40 minutes jog  |       |
| Sun    | 7.7.  | 30 minutes light walk                                       |       |
| Mon    | 8.7.  | REST  |       |
| Tue    | 9.7.  | 30 minutes jog with last 5 minutes slightly faster tempo    |       |
| Wed    | 10.7. | REST  |       |
| Thu    | 11.7. | 20 minutes jog  |       |
| Fri    | 12.7. | REST  |       |
| Sat    | 13.7. | 5 km race/own test run --> WRITE DOWN TIME AND PACE         |       |
| Sun    | 14.7. | REST or 60 minute recovery walk                             |       |

| Wk 5-8 | Day   | Training  | Notes |
|--------|-------|---|-------|
| Mon    | 15.7. | REST  |       |
| Tue    | 16.7. | 30 minutes light jog  |       |
| Wed    | 17.7. | 5 km - pace 1 min/km slower than during 5km 13.7.             |       |
| Thu    | 18.7. | 30 minutes light jog  |       |
| Fri    | 19.7. | REST  |       |
| Sat    | 20.7. | 60 minutes jogging  |       |
| Sun    | 21.7. | REST  |       |
| Mon    | 22.7. | 30 - 40 minutes easy running                                  |       |
| Tue    | 23.7. | REST  |       |
| Wed    | 24.7. | 5 km - pace 1 min/km slower than during 5km 13.7.             |       |
| Thu    | 25.7. | 30 minutes easy recovery jog                                  |       |
| Fri    | 26.7. | REST  |       |
| Sat    | 27.7. | 75 minutes jog with 2-3 hills (if you can find)               |       |
| Sun    | 28.7. | REST  |       |
| Mon    | 29.7. | 30 - 40 minutes easy running                                  |       |
| Tue    | 30.7. | 5 km - pace 1 min/km slower than during 5km 13.7.             |       |
| Wed    | 31.7. | REST  |       |
| Thu    | 1.8.  | 40 minutes easy with the last 10 minutes quicker              |       |
| Fri    | 2.8.  | REST  |       |
| Sat    | 3.8.  | 90 minutes jog  |       |
| Sun    | 4.8.  | REST  |       |
| Mon    | 5.8.  | 20 - 30 minutes easy running                                  |       |
| Tue    | 6.8.  | 50 minutes easy with the last 20 min at faster tempo          |       |
| Wed    | 7.8.  | REST  |       |
| Thu    | 8.8.  | 1 hour easy with the last 20 min at faster tempo              |       |
| Fri    | 9.8.  | REST  |       |
| Sat    | 10.8. | 5 km - at a pace you would like to run 10 km in a week's time |       |
| Sun    | 11.8. | 60 minutes easy recovery jog                                  |       |

| Wk 9-12 | Day   | Training   | Notes |
|---------|-------|--|-------|
| Mon     | 12.8. | REST   |       |
| Tue     | 13.8. | 30 - 40 minutes easy running                                 |       |
| Wed     | 14.8. | REST   |       |
| Thu     | 15.8. | 20 minutes easy with the last 5 minutes quicker              |       |
| Fri     | 16.8. | REST   |       |
| Sat     | 17.8. | 10 km race / own test run --> WRITE DOWN TIME for own record |       |
| Sun     | 18.8. | REST   |       |
| Mon     | 19.8. | 60 minutes easy jog  |       |
| Tue     | 20.8. | REST   |       |
| Wed     | 21.8. | 1 hour easy with the last 15 minutes at estimated 21 km pace |       |
| Thu     | 22.8. | 20 - 30 minutes easy run                                     |       |
| Fri     | 23.8. | REST   |       |
| Sat     | 24.8. | Long run 18 km as you feel                                   |       |
| Sun     | 25.8. | REST   |       |
| Mon     | 26.8. | Active recovery  |       |
| Tue     | 27.8. | 60 minutes easy run/jog                                      |       |
| Wed     | 28.8. | REST   |       |
| Thu     | 29.8. | 10 km with last 5 km at estimated 21 km pace                 |       |
| Fri     | 30.8. | REST   |       |
| Sat     | 31.8. | 8 - 10 km at estimated 21 km pace                            |       |
| Sun     | 1.9.  | REST   |       |
| Mon     | 2.9.  | 30 minutes easy  |       |
| Tue     | 3.9.  | 30 minutes with the last 15 min at estimated 21 km pace      |       |
| Wed     | 4.9.  | REST   |       |
| Thu     | 5.9.  | 20 minutes easy with the last 5 min quicker                  |       |
| Fri     | 6.9.  | REST   |       |
| Sat     | 7.9.  | <b>Tallinn Half Marathon Day</b>                             |       |
| Sun     | 8.9.  | REST   |       |