

Tallinn Marathon

6. - 8.9.2024

12-week Half Marathon Program



Level 3

Come Run With Piia

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

Level 3 program is for you if you have been running and are aiming for a 1 hour 45 min - 2 hour half marathon time. On this program you will have 4-5 runs a week. The program starts with a short-term goal of 10 km, and from that we can see how you are progressing towards your goal. Divide the training in your mind into two 6-week cycles. By the end of the first cycle, you should notice definite progress.

Easy running – In the first 3 weeks, our goal is to get you running injury-free. Most of the training during these weeks is easy running. Based on our experience, most people should do easy runs at a pace that keeps the heart rate below 140 beats per minute. Try to keep your heart rate below 140, even if it's hard at first. If, even after two weeks, the heart rate does not stay below 140 during an easy run, you can contact us and we can discuss how to proceed (email: piia@time-to-run.fi)

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.

Tempo running – Tempo running elevates heart rate beyond comfort zone and breathing rate increases so that you are clearly out of breath. The tempo run starts in the comfort zone and the speed is gradually increased as the run progresses. A successful tempo run is such that the running pace increases even towards the end, and there is no complete “tying up” during the run. As a general rule, you could say that a tempo run is run between 150 and 160 heart rates, with 160 already being close to a maximum.

REST = no exercise – Note that as you develop, on rest days you can consider strength training for the upper body and stretching the whole body to promote recovery.

Active recovery – On these days, the plan is to do 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.

Wk 1-4	Day	Training	Notes
Mon	17.6.	30 - 40 minutes easy running	
Tue	18.6.	30 minutes easy running	
Wed	19.6.	REST	
Thu	20.6.	30 - 40 minutes easy running	
Fri	21.6.	REST	
Sat	22.6.	40 minutes easy with the last 10 minutes faster tempo	
Sun	23.6.	REST	
Mon	24.6.	20 - 30 minutes jog	
Tue	25.6.	40 minutes easy with the last 10 minutes faster tempo	
Wed	26.6.	REST	
Thu	27.6.	5 km tempo running	
Fri	28.6.	REST	
Sat	29.6.	50. minutes jogging	
Sun	30.6.	Active recovery	
Mon	1.7.	20 - 30 minutes jog	
Tue	2.7.	40 minutes easy with the last 15 minutes faster	
Wed	3.7.	REST	
Thu	4.7.	20 minutes easy	
Fri	5.7.	REST	
Sat	6.7.	5 km tempo run or parkrun (if in your area)	
Sun	7.7.	20 - 30 minutes recovery run	
Mon	8.7.	REST	
Tue	9.7.	40 minutes easy running	
Wed	10.7.	REST	
Thu	11.7.	30 - 40 minutes easy running	
Fri	12.7.	REST	
Sat	13.7.	60 minutes jog	
Sun	14.7.	Active recovery	

Wk 5-8	Day	Training	Notes
Mon	15.7.	20 - 30 minutes jog	
Tue	16.7.	REST	
Wed	17.7.	40 minute tempo run	
Thu	18.7.	20 - 30 minutes easy recovery run	
Fri	19.7.	REST	
Sat	20.7.	75 minutes jog	
Sun	21.7.	Active recovery	
Mon	22.7.	REST	
Tue	23.7.	40 minutes with the last 10 minutes at a faster tempo	
Wed	24.7.	REST	
Thu	25.7.	20 minutes with the last 5 minutes at a faster tempo	
Fri	26.7.	REST	
Sat	27.7.	10 km race or own test run --> RECORD THE TIME AND PACE	
Sun	28.7.	REST or active recovery	
Mon	29.7.	30 minutes easy jog	
Tue	30.7.	REST	
Wed	31.7.	4 x 8 minutes at expected half marathon pace with 2 minutes walk/jog recovery in between	
Thu	1.8.	30 minute recovery run	
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.	REST	
Wed	7.8.	6 x 4 minutes at the same pace as you ran 10 km 27.7. with 2 minutes jog/walk recovery in between	
Thu	8.8.	30 - 40 minutes run	
Fri	9.8.	REST	
Sat	10.8.	5 km at the same pace as you ran 10 km 27.7.	
Sun	11.8.	30 minutes easy jogging	

Wk 9-12	Day	Training	Notes
Mon	12.8.	REST	
Tue	13.8.	3 x 5 minutes at 10 km race pace with 3 minutes easy in between	
Wed	14.8.	20 - 30 minutes easy	
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.	Active recovery	
Mon	19.8.	REST	
Tue	20.8.	1 hour easy running	
Wed	21.8.	REST	
Thu	22.8.	50 minutes easy with the last 15 mins at half marathon pace	
Fri	23.8.	REST	
Sat	24.8.	Long run 18 km as you feel	
Sun	25.8.	Active recovery	
Mon	26.8.	20 - 30 minutes easy	
Tue	27.8.	40 minutes easy	
Wed	28.8.	REST	
Thu	29.8.	8 - 10 km at half marathon pace	
Fri	30.8.	REST	
Sat	31.8.	8 - 10 km at half marathon pace	
Sun	1.9.	REST	
Mon	2.9.	30 minutes easy	
Tue	3.9.	30 minutes easy with the last 15 mins at half marathon pace	
Wed	4.9.	REST	
Thu	5.9.	30 minutes easy	
Fri	6.9.	REST	
Sat	7.9.	Tallinn Half Marathon Day	
Sun	8.9.	REST	