

Tallinn Marathon

6. - 8.9.2024

12-week Half Marathon Program



Level 4

Come Run With Piia

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

Level 4 program is for more experienced runners who are aiming for a certain time in the Tallinn Half Marathon. This program is based on Time-to-Run 10 km training programs, which work on 3-week cycles. The 10 km program is sufficient for a half marathon, just need to add the longer runs as we have done here. The first 3 weeks consist of the build-up period of the Time-to-Run program, after which we believe you will get into a good training rhythm towards the Tallinn half marathon. Weeks 1-4 should be basic training for a runner of your level. You can expect clear progress around the 6th week.

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.

4 km time-trial – Find a 400 m running track and run a test run (10 laps of the indoor track). If there is no sports field near you, find a 4 km route that is as flat as possible. Take your time. The test run determines the pace of future training sessions. Here is an example how you calculate:

20 min for 4 km = 5:00 min/km which is 25 min for 5 km
 Double the 5 km time [our example = 50 min] and add 1 minute [our example = 51 min] to get 10 km time
 51 min for 10 km = 5:06 min/km ... round off to **5:10** ... this becomes your 5x2000m pace per km
 5 x 2000m at **5:10** min/km with Rest 90 seconds
 6 x 1000m at **5:00** min/km with Rest 60 seconds
NOTE: you increase the pace by 10 seconds

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 - 40 minutes easy running	
Wed	19.6.	REST	
Thu	20.6.	30 - 40 minutes easy running	
Fri	21.6.	REST	
Sat	22.6.	40 - 50 minutes over rolling hills (if you can find!)	
Sun	23.6.	1 hour easy recovery	
Mon	24.6.	REST	
Tue	25.6.	1 hour easy running	
Wed	26.6.	40 minutes easy running	
Thu	27.6.	1 hour with the last 15 minutes higher tempo	
Fri	28.6.	REST	
Sat	29.6.	40 - 50 minutes over rolling hills (work the hills)	
Sun	30.6.	75 minutes easy running	
Mon	1.7.	REST	
Tue	2.7.	40 minutes easy with the last 15 minutes faster	
Wed	3.7.	20 - 30 minutes easy running	
Thu	4.7.	5 x 8 minutes with 2 minutes recovery jog in between	
Fri	5.7.	REST	
Sat	6.7.	75 minutes of easy running (time on feet)	
Sun	7.7.	REST	
Mon	8.7.	20 - 30 minutes easy	
Tue	9.7.	4 km time-trial --> see instructions above	
Wed	10.7.	REST	
Thu	11.7.	4 -5 x 2000m - 90 sec rest in between	
Fri	12.7.	REST	
Sat	13.7.	75 minutes easy running	
Sun	14.7.	REST	

Wk 5-8	Day	Training	Notes
Mon	15.7.	30 minutes easy	
Tue	16.7.	6 x 1000m - 60 sec rest in between	
Wed	17.7.	30 minutes easy running	
Thu	18.7.	40 minutes easy running	
Fri	19.7.	REST	
Sat	20.7.	5 km tempo run	
Sun	21.7.	1 hour easy recovery	
Mon	22.7.	REST	
Tue	23.7.	3 x 5 minutes at 10 km race pace - 2 min easy in between	
Wed	24.7.	30 minutes easy	
Thu	25.7.	warm-up + 6 x 1 min fast/slow (fast ones at 10 km race pace 27.7.)	
Fri	26.7.	REST	
Sat	27.7.	10 km race or own test run --> RECORD THE TIME AND PACE	
Sun	28.7.	Active recovery	
Mon	29.7.	20 - 30 minutes easy	
Tue	30.7.	1 hour over rolling hills (if you can find!)	
Wed	31.7.	REST	
Thu	1.8.	4 - 5 x 2000m at the same pace as 10 km 27.7. - 90 sec rest	
Fri	2.8.	REST	
Sat	3.8.	90 minutes jog	
Sun	4.8.	Active recovery	
Mon	5.8.	20 - 30 minutes easy running	
Tue	6.8.	6 x 1000m 10 seconds quicker than 2000m on Thursday - 60 sec rest in between	
Wed	7.8.	30 - 40 minutes easy	
Thu	8.8.	1 hour with the last 15 minutes at expected 10 km race pace	
Fri	9.8.	REST	
Sat	10.8.	5 km at expected 10 km race pace	
Sun	11.8.	1 h recovery jog	

Wk 9-12	Day	Training	Notes
Mon	12.8.	Active recovery	
Tue	13.8.	3 x 5 minutes at 10 km race pace with 3 minutes easy in between	
Wed	14.8.	30 minutes easy	
Thu	15.8.	warm-up + 6 x 1 min fast/slow (fast minutes at 10 km pace 17.8.)	
Fri	16.8.	REST	
Sat	17.8.	10 km race or your own test run --> WRITE DOWN TIME	
Sun	18.8.	Active recovery	
Mon	19.8.	20 - 30 minutes easy	
Tue	20.8.	60 - 70 minutes easy over rolling hills (if you can find!)	
Wed	21.8.	Active recovery	
Thu	22.8.	5 x 2000m at 10 km race pace (17.8.) - rest 90 seconds	
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.	6 x 1000m 10 seconds faster than 2000 session - rest 60 sec	
Wed	28.8.	20 - 30 minutes recovery	
Thu	29.8.	Up to 1 h easy run	
Fri	30.8.	REST	
Sat	31.8.	10 km at expected half marathon pace	
Sun	1.9.	Up to 1 h easy run	
Mon	2.9.	REST	
Tue	3.9.	3 x 5 minutes at 10 km race pace with 3 min jog in between	
Wed	4.9.	30 minutes easy running	
Thu	5.9.	warm-up + 6 x 1 min fast/slow (fast minutes at race pace)	
Fri	6.9.	REST	
Sat	7.9.	Tallinn Half Marathon Day	
Sun	8.9.	REST	