MoreFun2Run Half Marathon schedule

12-weeks "10-21km" plan

www.morefun2run.com

PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	rest / active recovery	5 min warm-up, 40 min moderate tempo run, 5 min cool down (Total training time 50 min)	rest / active recovery	5 min warm up, 6x interval of "3 min sprint & 2 min dribbel", 5 min cool down (Total training time 40 min)	rest/active recovery	60 min run	rest/active recovery
week 2	rest / active recovery	5 min warm up, 7x interval of "5 min tempo run & 1 min fast run" , 5 min cool down (Total training time 52 min)	rest / active recovery	5 min warm-up, 5x interval of "4 min sprint & 2 min dribbel", 5 min cool down (Total training time 40 min)	rest/active recovery	70 min run	rest/active recovery
week 3	rest / active recovery	5 min warm up, 40 min moderate tempo run, 5 min cool down (Total training time 50 min)	rest / active recovery	5 min warm-up, 7x interval of "4 min sprint & 2 min dribbel", 5 min cool down (Total training time 52 min)	rest/active recovery	80 min run	rest/active recovery
week 4	rest / active recovery	5 in warm-up, 8x interval of "4 min tempo run & 30 sec fast run" , 5 min cool down (Total training time 55 min)	rest / active recovery	5 min warm-up, 10x interval of "2 min sprint & 1 min dribbel", 5 min cool down (Total training time 40 min)	rest/active recovery	70 min run	rest/active recovery
week 5	rest / active recovery	5 min warm up, 40 min moderate tempo run, 5 min cool down (Total training time 50 min)	rest / active recovery	5 min warm-up, 7x interval of "3 min sprint & 2 min dribbel", 5 min cool down (Total training time 45 min)	rest/active recovery	80 min run	rest/active recovery
week 6	rest / active recovery	5 in warm-up, 8x interval of "5 min tempo run & 1 min fast run" , 5 min cool down (Total training time 58 min)	rest / active recovery	5 min warm-up, 9x interval of "3 min sprint & 1 min dribbel", 5 min cool down (Total training time 46 min)	rest/active recovery	90 min run	rest/active recovery
week 7	rest / active recovery	50 min tempo run	rest / active recovery	5 min warm-up, 6x interval of "5 min sprint & 2 min dribbel", 5 min cool down (Total training time 52 min)	rest/active recovery	95 min run	rest/active recovery

PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 8	rest / active recovery	50 min tempo run	rest / active recovery	5 min warm-up, 8sets of "4,3,2,1,1,2,3,4 min sprint & 2 min dribbel", 5 min cool down (Total training time 30 min)	rest/active recovery	100 min run	rest/active recovery
week 9	rest / active recovery	5 in warm-up, 8x interval of "5 min tempo run & 1 min fast run" , 5 min cool down (Total training time 58 min)	rest / active recovery	5 min warm up, 7x interval of "4 min sprint & 2 min dribbel", 5 min cool down (Total training time 52 min)	rest/active recovery	110 min run	rest/active recovery
week 10	rest / active recovery	100 min run	rest / active recovery	5 min warm-up, 9x interval of "3 min sprint & 2 min dribbel", 5 min cool down (Total training time 55 min)	rest/active recovery	120 min run	rest/active recovery
week 11	rest / active recovery	5 in warm-up, 7x interval of "4 min tempo run & 1 min fast run" , 5 min cool down (Total training time 45 min)	rest / active recovery	5 min warm-up, 6x interval of "3 min sprint & 2 min dribbel", 5 min cool down (Total training time 40 min)	rest/active recovery	85 min run	rest/active recovery
week 12	rest / active recovery/30 min walking	30 min easy run	rest / active recovery / 30 min walking	5 min warm-up, 8x interval of "4, 3, 2,1,1,2,3,4 min sprint & 2 min dribbel", 5 min cool down (Total training time 30 min)	rest/active recovery/ 30 min walking	**HALF MARATHON !**	rest/active recovery