



# Training Plan – Half Marathon

HOKA



	<i>Week 1 &amp; 2</i>	<i>Week 3 &amp; 4</i>	<i>Week 5 &amp; 6</i>	<i>Week 7 &amp; 8</i>	<i>Week 9 &amp; 10</i>
<b>Monday</b>	REST	REST	REST	REST	REST
<b>Tuesday</b>	10min warm up – 6x 2min on/off efforts – 10min cooldown	10min warm up– 6x 3min on/off efforts – 10min cooldown	10min warm up – 8x 2min on/off efforts – 10min cooldown	10min warm up – 4x 3min on/off efforts – 10min cooldown	10min warm up – 4x 2min on/off efforts – 10min cooldown
<b>Wednesday</b>	30min easy pace	40min easy pace	45min easy pace	45min easy pace	40min easy pace
<b>Thursday</b>	10min warm up – 6x 60sec on/off efforts – 10min cooldown	10min warm up – 8x 60sec on/off efforts – 10min cooldown	10min warm up – 6x 90sec on/off efforts – 10min cooldown	10min warm up – 6x 2min on/off efforts – 10min cooldown	10min warm up – 4x 90sec on/off efforts – 10min cooldown
<b>Friday</b>	REST	REST	REST	REST	REST
<b>Saturday</b>	Week 1: 10min warm up – 4km time trial – 10min cooldown  Week 2: 10min easy – 10min steady – 10min easy	10min easy – 10min steady – 10min easy	Week 5: 10min easy – 10min steady – 10min easy  Week 6: 10min warm up – 4km time trial – 10min cooldown	10min easy – 10min steady – 10min easy	Week 9: 10min easy – 10min steady – 10min easy  Week 10: REST
<b>Sunday</b>	60min easy pace	65min easy pace	70min easy pace	75min easy pace	Week 9: 60min easy pace  Week 10: RACE DAY