



Introduction to the adidas Half Marathon Training Plan

This training plan was developed for a race preparation period of **9 weeks**.

The different workout types suggested throughout the plan are based on **heart rate zones**. The zones are defined on the basis of a given **maximal heart rate of 180 beats per minute**. If you have a higher or lower maximal heart rate, please adjust the zones accordingly.

For best training results **stick as close to the training plan as possible** and do not run faster than suggested. Particularly the long slow run must indeed be run very slowly, so that the energy system needed for the half marathon will be trained optimally. Preparing your body to burn fat for energy is best done by running at lower intensities – and this is the decisive factor in running a successful marathon.

Of course, the training plan is not carved in stone. If you do not feel up to par, or really can not fit a scheduled run into your day, try to reduce the distance or skip the workout.

It is advisable that you **keep track of your training efforts and results** during race preparation. This will allow you to analyse your improvement and to draw conclusions for your next challenge. Looking at your “diary” will also motivate you. This training plan offers space for entry of your basic workout results.

If you want to log your workouts more professionally, simply **download the adidas Running Organizer** (coming Feb/Mar 2005) from the adidas Running Website and install the tool on your desktop.

Last but not least, please be aware that any training plan that was not developed under exact knowledge of your very individual training level can only be a general supportive guideline. It can never be a guarantee for success. Make sure you **always heed the warning signals of your body**. If the workout load proves too difficult (or the preparation time of 9 weeks too short) you should not try to pull through at the price of your health.



Workout types

The abbreviations may be used in some parts of the training plan, e.g. IT for Interval Training

Slow Run (SR): Heart rate zone 115 – 130 bpm (if your maximal heart rate is 180 bpm). Not faster!

Relaxed Run (RR): Heart rate zone 130 – 140 bpm

Medium Slow Run (MSR): Heart rate zone 140 – 150 bpm

Intensive Run (IR): Heart rate zone 150 – 160 bpm

Faster Run (FR): Heart rate zone 160 – 170 bpm

Interval Training (IT): Short, repetitive runs at a fast speed (e.g. 4 x 2 km at your 10 km race speed)

Increased Intensity Runs (IIR): Distance of each IIR is about 100 m. Run the first 30 to 40 m increasing in speed, then 30 – 40 m sprint and finally the last 30 m slowing down.

Half Marathon Race Tempo (HMRT) = Your speed during the half marathon: For those in excellent condition this speed is about 20 – 30 sec/km slower than their max. 10 km race tempo. For newcomers it is up to 60 sec/km slower than their max. 10 km tempo (similar to the speed of the Medium Slow Run (m.SR)).

Race Time or Tempo (RT): Your maximum tempo. This is your 10 km race tempo (10 km RT).

Test Races: Test races are very important for marathon (and half marathon) training. Especially for newcomers, who will need this race experience to be able to estimate their performance level. 10 Km races are especially important because the 10 Km RT influences some of the workout types.



adidas Half Marathon Training Plan

Target time 1:45 h - 2:15 h

A precondition for achieving this target time in 9 weeks is being able to run 10 km in under 60 min.

Start of training: 9 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	40 min	slow run			
wed					
thu	45 min	relaxed run			
fri					
sat	14 km	slow run			
sun	45 min	easy biking			

8 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	50 min	medium slow run			
wed					
thu	60 min	relaxed run			
fri					
sat	15 km	slow run			
sun	30 min	relaxed run			



7 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	60 min	of which 40 min are IR			
wed					
thu	3x2 km in 10 km-RT	3 km warm up, in between each 1 km lite jog, 2 km cool down			
fri					
sat	40 min	relaxed run			
sun	16 km	slow run			

6 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	60 min	relaxed run			
wed					
thu	70 min	of which 50 min are IR			
fri					
sat	40 min	relaxed run			
sun	18 km	slow run			



5 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	40 min	slow run			
wed	3x2 km in 10 km-RT	3 km warm up, in between each 1 km lite jog, 2 km ccol down			
thu					
fri	5 km	slow run			
sat					
sun	10 km Test race	3 km warm up 2 km cool down			

4 weeks before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	60 min	relaxed run			
wed					
thu	2x4 km in 21,1 km-RT	3 km warm up, in between each 10 min lite jog, 3 km ccol down			
fri					
sat	30 min	slow run			
sun	20 km	medium slow run			



3 weeks before the marathon

DAY	DEFAULT		NOTES	HEART RATE		
				repose	∅	max.
mo						
tue	40 min	slow run				
wed						
thu	50 min	relaxed run with 4 IIR				
fri						
sat	16 km	slow run				
sun	40 min	relaxed run				

2 weeks before the marathon

DAY	DEFAULT		NOTES	HEART RATE		
				repose	∅	max.
mo						
tue	12 km	of which 8 km are IR				
wed						
thu	50 min	relaxed run				
fri						
sat	2 x 4 km in 21,1 km-RT	3 km warm up, in between each 2 km lite jog, 2 km cool down				
sun	50 min	slow run				



1 week before the marathon

DAY	DEFAULT	NOTES	HEART RATE		
			repose	∅	max.
mo					
tue	50 min	of which 4 km are in 21,1 km-RT			
wed					
thu	40 min	slow run			
fri					
sat	Your Race	3 km warm up 2 km cool down			
sun	Good luck!				