

**Training plan for last 12 weeks before halfmarathon - 1h30**

1 week	2 week	3 week	4 week
Tuesday	Tuesday	Tuesday	Tuesday
60 minutes of continuous run OWB1 10 minutes stretching 6 sprints x 100 meters - RT	60 minutes of continuous run OWB1 10 minutes stretching 6 sprints x 100 meters - RT	60 minutes of continuous run OWB1 10 minutes stretching 6 sprints x 100 meters - RT	60 minutes of continuous run OWB1 and 5 x 100m - RT 10 minutes stretching
Czwartek	Czwartek	Czwartek	Czwartek
60 minutes of continuous run OWB1 10 minutes stretching	60 minutes of continuous run OWB1 10 minutes stretching 8 sprints x 100 meters - RT	60 minutes of continuous run OWB1 10 minutes stretching 8 sprints x 100 meters - RT	50 minutes of continuous run OWB1 8 sprints x 100 meters - RT 10 minutes stretching
Sobota lub Niedziela	Sobota lub Niedziela	Sobota lub Niedziela	Sobota lub Niedziela
1h30 minutes of continuous run OWB1 10 minutes stretching	1h30 minutes of continuous run OWB1 10 minutes stretching	1h45 minutes of continuous run OWB1 10 minutes stretching	1h15 minutes of continuous run OWB1 last 15 minutes (pace 4'30"/km)
5 week	6 week	7 week	8 week
Tuesday	Tuesday	Tuesday	Tuesday
1h of continuous run OWB1  10 minutes stretching 10 sprints x 100 meters - RT	30 minutes of continuous run OWB1 10 minutes (pace 4'/km) + 5 minutes (3'45"/km) OWB2 10 minutes stretching	45 minutes of continuous run OWB1 6x 400 meters 85% max. pace - 2 minutes pause in trot	50 minutes of continuous run OWB1  8x 400 meters 85% max. pace - 2 minutes pause in trot
Thursday	Thursday	Thursday	Thursday
50 minutes of continuous run OWB1	1h of continuous run OWB1 10 sprints x 100 meters - RT	40 minutes of continuous run OWB1 + 5 min (4'/km) + 3 min (3'45"/km) + 2 min (3'30"/km)	40 minutes of continuous run OWB1 + 6 X 1 minuta (3'30"/km) - 90 seconds pause in trot
Saturday or Sunday	Saturday or Sunday	Saturday or Sunday	Saturday or Sunday
1h30 of continuous run OWB1 (last 10 minutes 80% competition pace) 10 minutes stretching	2h of continuous run OWB1 10 minutes stretching	2h of continuous run OWB1 10 minutes stretching	2h of continuous run OWB1 10 minutes stretching
9 week	10 week	11 week	12 week
Tuesday	Tuesday	Tuesday	Tuesday
1h of continuous run OWB1 5 minutes stretching	1h of continuous run OWB1 5 minutes stretching	1h of continuous run OWB1 5 minutes stretching	40 minutes of continuous run OWB1 5 minutes stretching
Thursday	Thursday	Thursday	Thursday
30 minutes of continuous run OWB1 10X 90 seconds max pace and 2 minutes pause in trot	1h of continuous run OWB1 10 sprints x 100 meters - RT	45 minutes of continuous run OWB1 10X 90 seconds max pace and 2 minutes pause in trot	40 minutes of continuous run OWB1 5 sprints x 100 meters - RT
Saturday or Sunday	Saturday or Sunday	Saturday or Sunday	Saturday or Sunday
2h of continuous run OWB1 or 15 km 80% competition pace OWB2	2h of continuous run OWB1 or 15 km 80% competition pace OWB2	2h of continuous run OWB1	20 minutes of slow run OWB1
			Sunday
			<b>BMW Praga Halfmarathon</b>

**OWB1** - is an elementary source of training for every runner regardless of his skill level. It is a calm, usually longer run – racking up calm kilometers. “Calm” can mean different things to different people and this definitely depends on how good the condition of our bodies is. The general rule is as follows – your pace during OWB1 is appropriate if during the run you are capable of talking without gasping for air (i.e. conversational pace). If conversing is difficult, your pace is too fast.

**OWB2** – second level of intensity in training. It is common practice to run at a pace of 75-85% of your maximum heart rate. This is not set in stone however as setting a proper pace actually requires a lot of knowledge about your own body. Unfortunately, in Poland there is no standard definition of OWB2, as each trainer individual defines this second level of training. The intensity during this training is not fully comfortable, breathing should be a little faster, and running should take more energy than in OWB. However, after this second stage of training we should not feel completely beat or exhausted.

**RT** - Rhythm Runs - short distance running, ranging between 60 and 400 meters. The tempo of the run is quick but it cannot be a max out sprint. They are mainly an element which improved running technique, which in turn, leads better running economy. While on rhythm runs we remember to hold our hips high, raise our knees high, not leaning our head back or forward, rhythmic shoulder movements, and parallel feet alignment. To make a long story short, we must remember to run with great technique.

**Tr** – trot – is frequently part of your warm up or cool down after training. It is also used as a break between faster intervals during training. Tempo of a trot allows for a comfortable conversation and breathing through your nose.

**Tempo endurance** – for an experienced runner this is simple a very intense training session (pedal to the metal). It is the most important part of his week of training because it is thanks to these training that we can see the most improvements. However, you have to be careful. Doing too much too fast can lead to overtraining – which will result to tremendous effort being wasted. On the other hand, if we go easy on our bodies too much, we will not see the improvements we strive for. During typical trainings of this category our heart rate reaches high values (from 90% of max heart rate up). In short, this sort of training requires running specific distances (e.g. 5 x 1km) in a pace that's faster than your starting pace