

Training plan for last 12 weeks before halfmarathon - 2h

1 week	2 week	3 week	4 week
Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday
60 minutes of continuous run OWB1 5 minutes stretching	60 minutes of continuous run OWB1 10 minutes stretching	60 minutes of continuous run OWB1 10 minutes stretching	60 minutes of continuous run OWB1 10 minutes stretching
Saturday or Sunday	Saturday or Sunday	Saturday or Sunday	Sobota lub Niedziela
60 minutes of continuous run OWB1 10 minutes stretching	40 minutes of continuous run OWB1 10 minutes stretching 3 sprints x 100 meters - RT	60 minutes of continuous run OWB1 10 minutes stretching 5 sprints x 100 meters - RT	60 minutes of continuous run OWB1 10 minutes stretching 10 sprints x 100 meters - RT
5 week	6 week	7 week	8 week
Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday
60 minutes of continuous run OWB1 10 minutes stretching	60 minutes of continuous run OWB1 10 minutes stretching	60 minutes of continuous run OWB1 10 minutes stretching	60 minutes of continuous run OWB1 10 minutes stretching
Saturday or Sunday	Saturday or Sunday	Saturday or Sunday	Saturday or Sunday
60 minutes of continuous run OWB1 10 minutes stretching 5 minutes - 75% competition pace OWB2	1h 15 minutes of continuous run OWB1 10 minutes stretching 10 minutes 80% competition pace OWB2	1h 15 minutes of continuous run OWB1 (last 15 minutes 75% competition pace OWB2)	2h of continuous run OWB1 10 minutes stretching
9 week	10 week	11 week	12 week
Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday
50 minutes of continuous run OWB1 5 minutes stretching 4x 400 m 80% max. pace (2 minutes pace)	50 minutes of continuous run OWB1 5 minutes stretching 5x 400 m 80% max. pace (2 minutes pause)	50 minutes of continuous run OWB1 5 minutes stretching 2x 3 minutes 80% max. pace (4 minutes pause) OWB2	45 minutes of continuous run OWB1 5 minutes stretching 5 sprints x 100 meters - RT
Saturday or Sunday	Saturday or Sunday	Saturday or Sunday	Sunday
1h45 min of continuous run OWB1 (last 20 minutes 75% competition pace OWB2)	2h of continuous run OWB 1 or 8km-12km competition pace OWB2	2h of continuous run OWB1 (last 15 minutes 80% competition pace OWB2)	BMW Praga Halfmarathon

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.