

Training plan for last 12 weeks before halfmarathon - 2h30

1 week	2 week	3 week	4 week
Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday
30 minutes of continuous run OWB1 5 minutes stretching	30 minutes of continuous run OWB1 5 minutes stretching	40 minutes of continuous run OWB1 10 minutes stretching	50 minutes of continuous run OWB1 10 minutes stretching
Saturday or Sunday	Saturday or Sunday	Saturday or Sunday	Sobota lub Niedziela
30 minutes of continuous run OWB1 5 minutes stretching	50 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
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 3 sprints x 100 meters - RT	40 minut biegu ciągłego OWB1 lub 5 min na 80% tempa startowego-OWB2	1h biegu ciągłego OWB1 lub 10 min na 80% tempa startowego - OWB2	1h biegu ciągłego OWB1 10 minut rozciągania 5 sprints x 100 meters - RT
9 week	10 week	11 week	12 week
Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday	Tuesday or Wednesday
1h15 min of continuous run OWB1 10 minutes stretching	1h15 min of continuous run OWB1 10 minutes stretching 6 sprints x 100 meters - RT	1h30 min of continuous run OWB1 10 minutes stretching	40 minutes of continuous run OWB1 10 minutes stretching
Saturday or Sunday	Saturday or Sunday	Saturday or Sunday	Sunday
1h40 min of continuous run OWB1 or 15 km for 75% competition pace - OWB2	2h of continuous run OWB1 or 8-10km competition pace OWB2	2h30min of continuous run OWB1 or 20 km for 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.