## WEEK 01

Session 01 FRACTIONED
Warming up
$+7 \times 800 \mathrm{~m}$ in 3 min 30
1 min30 recovery jog
Calm pace 15 min at pace

## Session 02 JOGGING

1 h endurance at pace 1 or 2
10 min abdominals/sheathing 10 mn stretches

Session 03 HILL

Warming up
$+15 \times 20$ sec on slope
Recovery downhill jog lon a
moderate slope

- Run fast and relaxed without sprinting)
Calm pace 15 min at pace 1


## Session 04 <br> LONG OUTING

1 h 15 endurance at pace 2 including $3 \times 08 \mathrm{~min}$ at a speed of 4 min44 per km
3min recovery jog

## WEEK 02

## Session 01 FRACTIONED

Warming up
$+7 \times 1000 \mathrm{~m}$ between 4 min 28 and $4 \min 18$
1 min45 recovery jog
Calm pace 15 min at pace 1

## Session 02 JOGGING <br> 1 h endurance at pace 1 or 2 10 min abdominals/sheathing

 10 mn stretchesSession 03
HILL
Warming up
+2 series of $6 \times 30$ sec on a moderate slope
Recovery downhill jog and 3min between each serie
Calm pace 15 min at pace 1
Session 04 LoNg OUTING
1h20 endurance at pace 2

## WEEK 03

## Session 01 <br> FRACTIONED

Warming up
$+5 \times 1500 \mathrm{~m}$ in 6 min 35
2 min recovery jog
Calm pace 15 min at pace 1

## Session 02 Joccing

1h endurance at pace 1 or 2
10 min abdominals/sheathing 10 mn stretches

Session 03 HILL
Warming up
$+10 \times 40 \mathrm{sec}$ on a moderate
slope
Recovery downhill jog
Calm pace 15 min at pace 1

Session 04 LONG OUTING
1h25 endurance at pace 2 including $10 \mathrm{~min}-8 \mathrm{~min}-6 \mathrm{~min}$ at a speed of 4 min 44 per km 3 min recovery jog

## WEEK 04

## Session 01 <br> FRACTIONED

Warming up

+ 4x1200m in 5 min16
1 min45 recovery jog
Calm pace 10 min at pace 1


## Session 02 JOGGING

1h endurance at pace 1 or 2 10 min abdominals/sheathing 10 mn stretches

## Session 03 JOGGING

20 min endurance at pace 1 $+5 \times 100 \mathrm{~m}$ in progressive acceleration
Calm pace by walking back to the starting point


## WEEK 05

## Session 01 JOGGING

1h endurance at pace 1 or 2
10 min abdominals/sheathing

Session 02 JOCCING + STRAIGHT LINES

45 min endurance at pace 1 or 2 $+10 \times 100 \mathrm{~m}$ in progressive acceleration
Recovery jog back to the starting point
Calm pace 10 min at pace 1

## Session 03

FRACTIONED
Warming up

+ 2 series of $6 \times 200 \mathrm{~m}$ in 46 sec
100 m recovery jog and 3 min between series
Calm pace 15 min at pace 1


## Session 04 LONG OUTING

1h20 endurance at pace 2 including $3 \times 10 \mathrm{~min}$ at a speed of 4 min44 per km
3min recovery jog

## WEEK 06

Session 01

FRACTIONED
Warming up
+2000 m in $9 \mathrm{~min} 30 / 2000 \mathrm{~m}$ in
9 min 15 / 2000m in $9 \mathrm{~min} /$
2000 m in 8 min 40
2 min recovery jog
Calm pace 15 min at pace 1

## Session 02 Jocelng

1 h endurance at pace 2
10 min abdominals/sheathing
10 mn stretches

Session 03 FRACTIONED

Warming up
$+10 \times 300 \mathrm{~m}$ in 1 min 09
1 min recovery jog
Calm pace 15 min at pace 1

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Session 04 LONg OUTING
1h25 endurance at pace 2
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## WEEK 07 <br> Session 01 <br> FRACTIONED <br> +3000 m in $14 \mathrm{~min} 15 / 3000 \mathrm{~m}$ in 13 min 40 / 3000 m in 13 min 10 <br> 400 m recovery jog <br> Calm pace 15 min at pace 1 <br> Session 02 <br> JOGGING <br> 1 h endurance at pace 2 <br> 10 min abdominals/sheathing <br> 10 mn stretches

## Session 03 <br> FRACTIONED

Warming up
$+10 \times 400 \mathrm{~m}$ in 1 min 32
1 min15 recovery jog
Calm pace 15 min at pace 1
Session 04 LONG OUTING
1 h 30 endurance at pace 2 including $12 \mathrm{~min}-10 \mathrm{~min}-8 \mathrm{~min}$ at a speed of 4 min 44 per km 3 min recovery jog

## WEEK 08

## Session 01 <br> FRACTIONED

## Warming up

+ 8x600m in 2 min 38
200m recovery jog
Calm pace 15 min at pace 1


## Session 02 Joccing

40 min endurance at pace 2
10 mn stretches

## Session 03

## PRE-COMPETITION

20 min endurance at pace 1 +1 km in 4 min 44
10 min stretches

## Session 04 COMPETITION

HALF MARATHON OBJECTIVE 1H40

## COACH'S ADVICE

Don't try going too fast during your jogging sessions. Make sure you stay in the right pace, then let your body guide you.

Remember to include some muscle strengthening in your training, this will help you resist fatigue at the end of your run.

Remember to moisturize during and after the sessions to avoid certain injuries such as tendonitis.

