## WEEK 01

Session 01 FRACTIONED
Warming up
$+7 \times 800 \mathrm{~m}$ in 3 min 50
1 min 30 recovery jog
Calm pace 15 min at pace

## Session 02 Jocging

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

## Session 03

 HILL OR RESTRest or warming up $+15 \times 20 \mathrm{sec}$ on slope
Recovery downhill jog lon a
moderate slope

- Run fast and relaxed without - Rprinting)

Calm pace 15 min at pace 1

## Session 04

LONG OUTING
1 h 15 endurance at pace 2 including $3 \times 08 \mathrm{~min}$ at a speed of 5 min13 per km
3min recovery jog


## Session 01 FRACTIONED

Warming up

+ $6 \times 1000 \mathrm{~m}$ between 4 min 53 and 4 min 43
2 min 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 at pace 2

## WEEK 03

## Session 01 FRACTIONED

Warming up
+4x1500m in 7 min 12
$2 \min 15$ recovery jog
Calm pace 15 min at pace 1

## Session 02 JOGGING

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

## Session 03 <br> HILL OR REST

Rest or 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 including $10 \mathrm{~min}-8 \mathrm{~min}-6 \mathrm{mi}$
a speed of 5 min 13 per km 3min recovery jog

## WEEK 04

## Session 01 <br> FRACTIONED

Warming up

+ 4x1200m in $5 \min 45$
2 min recovery jog
Calm pace 10 min at pace 1


## Session 02 <br> Joccing

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

## Session 03 <br> JOGGING

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

## Session 04 <br> PREPARATORY COMPETITION

10km preparatory competition

## WEEK 05

## Session 01 JOGGING OR REST

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

Session 02 JOGGING + 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 49 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 5 min13 per km
3 min recovery jog

# Specific Physical Preparedness 

## WEEK 06

## Session 01 <br> FRACTIONED

Warming up
+2000 m in $10 \mathrm{~min} 26 / 2000 \mathrm{~m}$ in
$10 \mathrm{~min} / 2000 \mathrm{~m}$ in 9 min 36 /
1000 m in 4 min 48
2 min 30 recovery jog
Calm pace 15 min at pace 1

## Session 02 JOGGING OR REST

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

## Session 03

 FRACTIONEDWarming up
$+10 \times 300 \mathrm{~m}$ in 1 min 14
1 min20 recovery jog
Calm pace 15 min at pace 1


## WEEK 08

## Session 01 <br> FRACTIONED

Warming up

+ 7x600m in 2 min52
200 m recovery jog
Calm pace 15 min at pace 1


## Session 02 Joccing

40 min endurance at pace 2
10 mn stretches

## Session 03

 PRE-COMPETITION20 min endurance at pace 1 +1 km in 5 min 13
10 mn stretches

## Session 04 COMPETITION

HALF MARATHON OBJECTIVE 1H50

## 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.

5

