

WEEK 01

Session 01 **JOGGING**

50min in respiratory ease

Session 02 **FRACTIONED**

30min warm-up
+ 4x2min at medium intensity
2min recovery slow jog
Calm pace 10min

Session 03 **LONG OUTING**

1h20 in respiratory ease

WEEK 02

Session 01 **JOGGING**

50min in respiratory ease

Session 02 **FRACTIONED**

30min warm-up
+ 4x3min at medium intensity
2min recovery slow jog
Calm pace 10min

Session 03 **LONG OUTING**

1h30 in respiratory ease

WEEK 03

Session 01 **JOGGING**

50min in respiratory ease

Session 02 **FRACTIONED**

30min warm-up
+ 3x5min at medium intensity
2min30 recovery slow jog
Calm pace 10min

Session 03 **LONG OUTING**

1h40 in respiratory ease

WEEK 04

Session 01 **JOGGING**

45min in respiratory ease

Session 02 **FRACTIONED**

30min warm-up
+ 6x1min quick
2min recovery slow jog
Calm pace 10min

Session 03 **LONG OUTING**

1h10 in respiratory ease



COACH'S ADVICE

In respiratory comfort, you must be able to speak while running. The training is at low intensity. The fractionated is more intense but the pace must remain balanced and controlled, with moderate shortness of breath.



COACH'S ADVICE

In order to accustom the body to working on low energy reserves, session 1 can be run on an empty stomach. Remember to bring something to eat during exercise, if you have low blood sugar.



COACH'S ADVICE

Take advantage of the long outings to test the equipment you want to use during the race. Also remember to test your supplies (energy gels for example).



COACH'S ADVICE

With fractionated training, shortness of breath is important: the effort is intense but it must remain under control! As usual, the distance covered with each effort must be relatively constant.



WEEK 05

Session 01 JOGGING

50min in respiratory ease

Session 02 FRACTIONED

30min warm-up 5min/4min/
3min/2min/1min at medium intensity
Recovery = half of the effort time slow jog
Calm pace 10min

Session 03 LONG OUTING

1h45 in respiratory ease

WEEK 06

Session 01 JOGGING

50min in respiratory ease

Session 02 FRACTIONED

30min warm-up
+ 3x6min at medium intensity
3min recovery slow jog
Calm pace 10min

Session 03 LONG OUTING

1h30 in respiratory ease

WEEK 07

Session 01 JOGGING

50min in respiratory ease

Session 02 FRACTIONED

30min warm-up
2min/4min/6min/4min/2min at medium
intensity
Recovery = half of the effort time slow jog
Calm pace 10min

Session 03 LONG OUTING

1h15 in respiratory ease

WEEK 08

**Session 01 JOGGING
ET STRAIGHT LINES**

30min in respiratory ease
+ 5x20sec in progressive acceleration
Recovery : walk back to starting point

Session 02 DAY BEFORE COMPETITION

20min warm-up
+ 3x20sec in progressive acceleration
Recovery by walking back to the starting
point

Session 03 COMPETITION

Half Marathon



COACH'S ADVICE

We're starting the most intense weeks of the plan, don't give up! To recover, remember to eat and drink plenty between sessions. Your quality of sleep is also very important.



COACH'S ADVICE

Go on long outings with something to drink, to get used to drinking during exercise and avoid cramps. Favours small regular quantities.



COACH'S ADVICE

We're starting the most intense weeks of the plan, don't give up! To recover, remember to eat and drink plenty between sessions. Your quality of sleep is also very important.



COACH'S ADVICE

This is it! If you don't want to make it hard on yourself at the end of the race don't start off fast. The half-marathon really starts from the 14th km. And above all, enjoy yourself!

