

Training schedule: Leiden half marathon

[illegible]

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cross-training	easyrun	Strength	Tempo	Mobility	Longrun	Rest
	8KM		12KM		15KM	
	Target HR around 140					
Week 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cross-training	easyrun	Strength	Interval	Mobility	Longrun	Rest
	10KM		op max hr		20KM	
	Target HR around 140				5 km inlopen	
					12 km op tempo	
					3 km uitlopen	
Week 7						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cross-training	easyrun	Strength	Interval	Mobility	Longrun	Rest
	8KM		sprints		21KM	
	Target HR around 140					
Week 8						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cross-training	easyrun	Strength	Interval	Mobility	Longrun	Rest
	10KM		op max hr		22km	
	Target HR around 140					
Week 9						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cross-training	easyrun	Strength	Interval	Mobility	Longrun	Rest
	10KM		4x4		19KM	

	Target HR around 140				5 km inlopen	
					10 km op tempo	
					4 km uitlopen	
Week 10						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cross-training	easyrun	Strength	Tempo	Mobility	Longrun	Rest
	10KM		12KM		21KM	
	Target HR around 140					
Week 11						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cross-training	easyrun	Strength	Interval	Mobility	Longrun	Rest
	8KM		4x4		18km	
	Target HR around 140					
Week 12						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cross-training	easyrun	Strength	Rest	Rest	easy	Wedstrijd
	8KM				5KM	
	Target HR around 140					