



7th JULY
2024

5KM BEGINNER'S TRAINING PLAN



MALSHEJ GHAT
MONSOON HALF MARATHON 2024

Tickets available at:

<https://www.townscript.com/e/malshej-ghat-monsoon-half-marathon-2024>



www.runniti.in





7th JULY 2024

WEEK	1	2	3	4
Sunday	5 Km Long Run	6.5 Km Easy Run	6.5 Km Easy Run	8 Km Easy Run
Monday	2.5 Km warm up + 24 mins Fartlek run + 1.5 Km recovery run	2.5 Km warm up + 6 x 2 mins hill reps + 1.5 Km recovery run	2.5 km warm up + 32mins Fartlek run + 1.5 km recovery run	2.5 km warm up + 40 mins hill reps + 1.5 km recovery run
Tuesday	 Rest	 Rest	 Rest	 Rest
Wednesday	5 km easy run	5 km easy run	5 km easy run	3 km easy run
Thursday	 Rest	 Rest	 Rest	 Rest
Friday	27mins Strength Training	27mins strength training + 10 mins Core Workout	28mins strength training + (5 - 10) mins Core Workout	28mins strength training + (5 - 10) mins Core Workout
Saturday	 Rest	 Rest	 Rest	 Rest

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SCALE TO 1:5000



7th JULY 2024

WEEK	5	6	7	8
Sunday	5 Km Long Run	6.5 Km Easy Run	6.5 Km Easy Run	8 Km Easy Run
Monday	2.5 Km warm up + 24 mins Fartlek run + 1.5 Km recovery run	2.5 Km warm up + 6 x 2 mins hill reps + 1.5 Km recovery run	2.5 km warm up + 32mins Fartlek run + 1.5 km recovery run	2.5 km warm up + 40 mins hill reps + 1.5 km recovery run
Tuesday	 Rest	 Rest	 Rest	 Rest
Wednesday	5 km easy run	5 km easy run	5 km easy run	3 km easy run
Thursday	 Rest	 Rest	 Rest	 Rest
Friday	27mins Strength Training	27mins strength training + 10 mins Core Workout	28mins strength training + (5 - 10) mins Core Workout	28mins strength training + (5 - 10) mins Core Workout
Saturday	 Rest	 Rest	 Rest	 Rest

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SCALE TO LAST YEAR



7th JULY 2024

WEEK	9	10	11	12
Sunday	10 mins warm up + 7 Km easy run & hill strides + stretching routine	10 mins warm up + 7 Km easy run & hill strides + stretching routine	10 mins warm up + 7 Km easy run & hill strides + stretching routine	 Rest
Monday	2.5 Km warm up + 40mins (2 x 2km with 2mins recovery) steady pace + 1.5 Km recovery run	2.5 km warm up + 4 km (4 x 1 km fartlek) moderate pace + 1.5 km recovery run	2.5 km warm up + 6 km (6 x 1 km fartlek) moderate pace + 1.5 km recovery run	5 km easy run
Tuesday	 Rest	 Rest	 Rest	 Rest
Wednesday	5 km easy run	6.5 km easy run	5 km easy run	3 Km easy run + (15 - 20) mins Core workout
Thursday	 Rest	 Rest	 Rest	 Rest
Friday	35mins strength training + (15 - 20) mins Core Workout	Optional: 35mins strength training + (15 - 20) mins Core Workout	35mins Strength Training	5Km race
Saturday	 Rest	 Rest	 Rest	 Rest

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