



**7<sup>th</sup>** JULY  
2024

# *HALF MARATHON 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](http://www.runniti.in)





# 7<sup>th</sup> JULY 2024

WEEK	1	2	3	4
<b>Sunday</b>	11 km Long Run	13 km Long Run	14.5 km Long Run	16 km Long Run
<b>Monday</b>	 Rest	 Rest	 Rest	 Rest
<b>Tuesday</b>	5 km easy run	6.5 km easy run	8 km easy run	8 km easy run
<b>Wednesday</b>	 Rest	 Rest	 Rest	 Rest
<b>Thursday</b>	6.5 km easy run	6.5 km easy run	2.5 km warm up, (4 x 2) mins uphill, (4 x 2) mins downhill, 2.5 km cool down run	2.5 km warm up, 20 mins Fartlek, 2.5 km cool down run
<b>Friday</b>	Strength Training	Strength Training	2.5 km jog, 9.5 km tempo pace run, 2.5 km cool down run	12.5 km steady run
<b>Saturday</b>	 Rest	 Rest	 Rest	 Rest

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SCAN TO REGISTER



# 7<sup>th</sup> JULY 2024

WEEK	5	6	7	8
<b>Sunday</b>	13 km Long Run	18 km Long Run	40mins easy, 10 X 2mins tempo pace, 10 mins easy	19 km Long Run
<b>Monday</b>	 Rest	 Rest	 Rest	30 mins recovery run
<b>Tuesday</b>	9.5 km easy run	9.5 km easy run	9.5 km easy run	 Rest
<b>Wednesday</b>	 Rest	 Rest	 Rest	 Rest
<b>Thursday</b>	 Rest	1.5 km warm up, 30mins Fartlek, 1.5 km cool down run	2.5 km warm up, 40mins jog moderate pace, 2.5 km cool down run	1.5 km warm up, 40mins Fartlek, 1.5 km cool down run
<b>Friday</b>	2.5 km warm up, 30mins half marathon pace, 2.5 km cool down run	40mins Strength Training	40mins Strength Training	40mins Strength Training
<b>Saturday</b>	 Rest	 Rest	 Rest	 Rest

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# 7<sup>th</sup> JULY 2024

WEEK	9	10	11	12
<b>Sunday</b>	16 km Long Run	19 km Long Run	11 km Long Run	 Rest
<b>Monday</b>	 Rest	 Rest	 Rest	 Rest
<b>Tuesday</b>	8 km easy run	6.5 km easy run	6.5 km easy run	6.5 km easy run
<b>Wednesday</b>	 Rest	 Rest	 Rest	 Rest
<b>Thursday</b>	1.5 km warm up, (6 X 4mins) uphill moderate pace, 2.5 km cool down run	1.5 km warm up, 8 kms Fartlek run, 1.5 km cool down run	1.5 km warm up, 9.5 km Fartlek run, 1.5 km cool down run	5 km easy run
<b>Friday</b>	40mins Strength Training	40mins Strength Training	40mins Strength Training	HALF MARATHON
<b>Saturday</b>	 Rest	 Rest	 Rest	 Rest

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