

# Take it up a gear – your 12-week plan to race stronger and faster

This plan is for you if you already have a running routine in your legs – and you want structure, goals, and momentum towards CPH Half. You know what running can do, and you're ready to take the next step. You don't run just to run. You run with a purpose – and we help you stay on track. Whether you're chasing a new PR or want to look sharp on race day, this is a plan that's sure to move you forward.

## **Tune up the training**

Four weekly training days give you variety and progression. You gradually increase both distance and intensity, but always with a focus on recovery and balance. Tempo runs and intervals are included to make you comfortable at your half marathon pace – and ready to keep it all the way. Your legs know the miles, but your body still needs structure. With set training days and breaks between hard sessions, you'll get the most out of your form – without burning out.

## **Speed up with energy**

We recommend that you refrain from wearing carbon shoes in daily training and instead use your normal running shoes.

If you're curious about your pace, use your GPS watch and measure 3 km at a fast pace – it'll give a realistic picture of your form. And remember: never increase both mileage and speed at the same time.

It's not just about running fast – it's about building your form wisely. Vary your pace, play with the lengths, and remember to listen to your body. The right pace is the one you can maintain – and come back from again the next day.

## **Run with your head – not just your legs**

The plan includes both easy runs and half marathon pace runs. The intervals are designed to challenge you, but never overload you. You warm up, run your intervals with breaks, and finish at a steady pace. It all adds up, and every week you get closer to the finish line. Training effectively is all about timing and balance. With this plan, you won't just get stronger. You'll get to know your body and your pace better. And the better you know yourself, the better chance you have of crossing the finish line with confidence.

# Advanced

## Week 1

Monday	5 km. easy
Tuesday	7 km incl. 2 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	12 km. easy

## Week 4

Monday	5 km. easy
Tuesday	9 km incl. 4 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	16 km. easy

## Week 7

Monday	5 km. easy
Tuesday	10 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	17 km. easy

## Week 10

Monday	5 km. easy
Tuesday	10 km incl. 3 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	16 km. easy

## Week 2

Monday	5 km. easy
Tuesday	9 km incl. 3 km + 3 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	14 km. easy

## Week 5

Monday	5 km. easy
Tuesday	10 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	16 km. easy

## Week 8

Monday	5 km. easy
Tuesday	10 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	17 km. easy

## Week 11

Monday	5 km. easy
Tuesday	8 km incl. 2 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	10 km. easy

## Week 3

Monday	5 km. easy
Tuesday	9 km incl. 3 km + 3 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	14 km. easy

## Week 6

Monday	5 km. easy
Tuesday	10 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	17 km. easy

## Week 9

Monday	5 km. easy
Tuesday	10 km incl. 4 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	
Saturday	
Sunday	18 km. easy

## Race week

Monday	5 km. easy
Tuesday	8 km incl. 2 x 1 km in half marathon pace
Wednesday	
Thursday	3 km. easy
Friday	
Saturday	
Sunday	<b>CPH Half</b>