MEIA MARATONA GAIA
CORRIDA DO ATLÂNTICO

TRAINING · 14.03.2027

Base block, 23 November to 20 December

Four weeks to build up to 10 km and move into the Finish your first half plan. If you find this page partway through the block, start in the week whose Sunday run is no more than 10% above the longest run you have done in the last four weeks.

BEFORE YOU START. This plan is general information. It does not replace your doctor or an individual training plan. Have a pre-participation medical check before you start preparing. Chest pain, unusual shortness of breath, palpitations or dizziness mean you must stop and see a doctor.

Week	Dates	Phase	Tuesday	Thursday	Sunday	Strength work	Rui's km
1	23 to 29 Nov	Base	30 min easy	30 min easy	8 km easy	A and B, bodyweight only	18
2	30 Nov to 6 Dec	Base	35 min easy	30 min easy, with 4 strides of 20 s at the end	8.5 km easy	A and B, bodyweight only	19
3	7 to 13 Dec	Base	35 min easy, with 4 strides of 20 s at the end	35 min easy	9 km easy	A and B, bodyweight only	20
4	14 to 20 Dec	Base	40 min easy	35 min easy, with 4 strides of 20 s at the end	9.5 km easy	A and B, bodyweight only	22

Plan by Luís Fonseca, middle-distance, long-distance and trail running coach, based on his talk of 22 November 2026 on training for the half marathon and the marathon.

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