MEIA MARATONA GAIA
CORRIDA DO ATLÂNTICO

TRAINING · 14.03.2027

Improve your time, 4 runs a week

Strength work on Wednesday and Friday. Monday is a rest day.

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	Saturday	Sunday	Strength work	Rui's km
1	21 to 27 Dec	Base	15 min easy, 4 × 5 min at threshold pace with 2 min jog between reps, 10 min easy	45 min easy	30 min easy, with 4 strides of 20 s at the end	14 km easy	A and B, bodyweight only	35
2	28 Dec to 3 Jan	Base	15 min easy, 5 × 1 km at threshold pace with 2 min jog between reps, 10 min easy	45 min easy	35 min easy, with 4 strides of 20 s at the end	15 km easy	A and B, bodyweight only	38
3	4 to 10 Jan	Base	15 min easy, 6 × 800 m at 5 km pace with 2 min jog between reps, 10 min easy	50 min easy	35 min easy, with 4 strides of 20 s at the end	16 km easy	A and B, bodyweight only	40
4	11 to 17 Jan	Recovery	45 min easy, with 6 strides of 20 s at the end	40 min easy	30 min easy	12 km easy	A and B, one set fewer	30
5	18 to 24 Jan	Build	15 min easy, 3 × 10 min at threshold pace with 3 min jog between reps, 10 min easy	55 min easy	35 min easy, with 4 strides of 20 s at the end	17 km easy	A and B, with light load and jumps	42
6	25 to 31 Jan	Build	15 min easy, 6 × 1 km at threshold pace with 2 min jog between reps, 10 min easy	55 min easy	40 min easy, with 4 strides of 20 s at the end	18 km easy. The last 4 km at half marathon pace	A and B, with light load and jumps	45
7	1 to 7 Feb	Build	15 min easy, 2 × 15 min at threshold pace with 4 min jog between reps, 10 min easy	60 min easy	40 min easy, with 4 strides of 20 s at the end	19 km easy. Test your race breakfast	A and B, with light load and jumps	45
8	8 to 14 Feb	Recovery	45 min easy, with 6 strides of 20 s at the end	45 min easy	30 min easy	14 km easy	A and B, one set fewer	33
9	15 to 21 Feb	Specific	15 min easy, 3 × 3 km at half marathon pace with 3 min jog between reps, 10 min easy	55 min easy	40 min easy, with 4 strides of 20 s at the end	20 km easy	A and B, without increasing the load	49
10	22 to 28 Feb	Specific	15 min easy, 5 × 1 km at threshold pace with 2 min jog between reps, 10 min easy	50 min easy	35 min easy, with 4 strides of 20 s at the end	18 km easy. Dress rehearsal, with 2 × 4 km at half marathon pace in the second half and 1 km easy between them	A and B, without increasing the load	42

Week	Dates	Phase	Tuesday	Thursday	Saturday	Sunday	Strength work	Rui's km
11	1 to 7 Mar	Taper	15 min easy, 3 × 2 km at half marathon pace with 2 min jog between reps, 10 min easy	45 min easy	30 min easy, with 4 strides of 20 s at the end	13 km easy. The last 3 km at half marathon pace	A only, light, by Wednesday	36
12	8 to 14 Mar	Race	15 min easy, 4 × 1 km at half marathon pace with 2 min jog between reps, 10 min easy	40 min easy, with 4 strides of 20 s at the end	25 min easy	Race, 21.1 km	No strength work, mobility only	19 plus the race

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. gaia-half-marathon.com/en/training/training-plan/