MEIA MARATONA GAIA
CORRIDA DO ATLÂNTICO

TRAINING · 14.03.2027

Finish your first half, 3 runs a week

Strength work on Wednesday and Friday. Monday and Saturday are rest days.

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	21 to 27 Dec	Base	40 min easy	35 min easy, with 4 strides of 20 s at the end	10 km easy	A and B, bodyweight only	22
2	28 Dec to 3 Jan	Base	40 min easy, with 4 strides of 20 s at the end	40 min easy	11 km easy	A and B, bodyweight only	24
3	4 to 10 Jan	Base	15 min easy, 3 × 5 min at threshold pace with 2 min jog between reps, 10 min easy	40 min easy	12 km easy	A and B, bodyweight only	26
4	11 to 17 Jan	Recovery	35 min easy, with 4 strides of 20 s at the end	30 min easy	9 km easy	A and B, one set fewer	19
5	18 to 24 Jan	Build	15 min easy, 4 × 5 min at threshold pace with 2 min jog between reps, 10 min easy	40 min easy	13 km easy	A and B, with light load and jumps	28
6	25 to 31 Jan	Build	15 min easy, 3 × 8 min at threshold pace with 3 min jog between reps, 10 min easy	45 min easy, with 4 strides of 20 s at the end	14 km easy	A and B, with light load and jumps	31
7	1 to 7 Feb	Build	15 min easy, 5 × 5 min at threshold pace with 2 min jog between reps, 10 min easy	45 min easy	15 km easy. Test your race breakfast	A and B, with light load and jumps	32
8	8 to 14 Feb	Recovery	40 min easy, with 4 strides of 20 s at the end	35 min easy	11 km easy	A and B, one set fewer	23
9	15 to 21 Feb	Specific	15 min easy, 3 × 10 min at threshold pace with 3 min jog between reps, 10 min easy	45 min easy	16.5 km easy	A and B, without increasing the load	34
10	22 to 28 Feb	Specific	15 min easy, 2 × 15 min at half marathon pace with 3 min jog between reps, 10 min easy	40 min easy, with 4 strides of 20 s at the end	18 km easy. Dress rehearsal, with your race kit, shoes, breakfast and gels	A and B, without increasing the load	35
11	1 to 7 Mar	Taper	15 min easy, 3 × 8 min 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	12 km easy	A only, light, by Wednesday	28
12	8 to 14 Mar	Race	15 min easy, 3 × 5 min at half marathon pace with 2 min jog between reps, 10 min easy	30 min easy, with 4 strides of 20 s at the end	Saturday, 15 min easy (optional). Sunday, Race, 21.1 km	No strength work, mobility only	15 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.

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