

Tallinn Marathon
2025



12-week Half Marathon Program



Level 1

Come Run With Piia

www.time-to-run.com/marathon/tallinn

Level 1 Program will equip you to complete the Tallinn Half Marathon on the 13th September 2025. The program aims to get you 'running' 5km and then 10km, and by the last 2 weeks of the program you will determine how much you want to run and how much you want to walk. This program will get you to the event and complete it.

Paced Walk (PW) – paced walking is best described by reaching a maximum speed without lifting both feet off the ground at one time. One foot should always be on the ground. If you lift both feet that is running and that is not the aim. Get into a nice smooth rhythm, swinging your arms, bent at a 45 degree angle, so that your hand comes to chin level in front of you. Swing the other arm, 45 degree angle, backwards so that the elbow is in unison with the hand in front of you. The intensity of the walk will be determined by your arms and not your legs, so swing your arms to the speed you would like your legs to move.

Rest = is no exercise – do note, that as you develop, you can consider doing strength exercises for the upper body and doing stretching to assist you recovery.

Active recovery – on these days, it is intended to do light **non weight bearing** exercise for recovery. If you are an experienced cyclist, you can use cycling for active recovery. However, cycling can have the opposite effect on running if everything is not right in terms of saddle height, riding position, resistance, etc. During active recovery, the purpose is to recover, so e.g. swimming is often a better option.

Jog – both feet lifting off the ground, there is no need to consider pace on these days, the intent is to develop time-on-feet while jogging.

Day	No.	Training Weeks 1 - 4
Mon	1	35 minutes paced walk (PW)
Tue	2	REST
Wed	3	REST
Thu	4	30 minutes PW (paced walk)
Fri	5	REST
Sat	6	35 minutes PW
Sun	7	REST
Mon	8	35 minutes PW
Tue	9	REST
Wed	10	30 minutes PW
Thu	11	REST
Fri	12	REST
Sat	13	10 min PW + 5 minutes jog + 5 min light walk
Sun	14	REST
Mon	15	60 minutes PW
Tue	16	REST
Wed	17	REST
Thu	18	10 min PW + 10 minutes jog + 5 min light walk
Fri	19	REST
Sat	20	REST
Sun	21	10 min PW + 15 minutes jog + 5 min PW
Mon	22	30 minutes light walk
Tue	23	REST
Wed	24	10 min PW + 10 minutes jog + 10 min PW
Thu	25	35 minutes PW
Fri	26	REST
Sat	27	REST
Sun	28	5 min PW + 20 minutes jog + 5 min light walk

Day	No.	Training Weeks 5 – 8
Mon	29	REST
Tue	30	5 min PW + 25 minutes jog + 5 min PW
Wed	31	REST
Thu	32	5 min PW + 25 minutes jog + 10 min PW
Fri	33	REST
Sat	34	5 min PW + 25 minutes jog + 10 min PW
Sun	35	REST
Mon	36	40 min PW + 10 minute jog
Tue	37	REST
Wed	38	REST
Thu	39	20 minutes jog
Fri	40	REST
Sat	41	5 km or Parkrun (if in your area)
Sun	42	REST or Active recovery
Mon	43	60 minutes PW (paced walk)
Tue	44	REST
Wed	45	30 minutes light jog
Thu	46	60 minutes PW (paced walk)
Fri	47	REST
Sat	48	60 minutes jog
Sun	49	REST
Mon	50	10 min PW + 40 minutes jog + 10 min PW
Tue	51	20 – 30 minutes easy jog
Wed	52	REST
Thu	53	5 km jog
Fri	54	REST
Sat	55	75 minutes jog
Sun	56	REST

Day	No.	Training Weeks 9 – 12
Mon	57	20 minutes jog
Tue	58	10 min PW + 40 minutes jog + 10 min PW
Wed	59	REST
Thu	60	20 minutes jog
Fri	61	REST
Sat	62	10 km as you feel
Sun	63	REST
Mon	64	30 minutes paced walk
Tue	65	60 minutes paced walk
Wed	66	REST
Thu	67	40 minutes jog / walk as you feel
Fri	68	REST
Sat	69	2 hours exercise jog / walk as you feel
Sun	70	REST
Mon	71	Active recovery
Tue	72	60 minutes PW
Wed	73	REST
Thu	74	60 minutes walk / jog as you feel
Fri	75	REST
Sat	76	40 minutes PW / jog
Sun	77	REST
Mon	78	30 minutes PW / jog
Tue	79	20 minutes PW / jog
Wed	80	REST
Thu	81	20 minutes walk / jog
Fri	82	REST
Sat	83	Tallinn Half Marathon Day
Sun	84	REST