

Tallinn Marathon  
2025



# 12-week Half Marathon Program



## Level 2

Come Run With Piia

[www.time-to-run.com/marathon/tallinn](http://www.time-to-run.com/marathon/tallinn)

Level 2 program is for you if your goal is to run/jog the entire half marathon distance without a specific time goal. The program progresses in such a way that the first goal is to run 5 km, then aim for a 10 km while increasing the distance you cover on a weekly basis. During the first weeks, the program also includes walking. The purpose of walking is to get your body to adapt to the weight bearing exercise which will assist you long term in adapting to the schedule. By the time the last 4 weeks arrive, you may well be considering running the event in a certain time, other than just completing the run.

**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.

**Easy running** – normally at a pace where you can still talk.

Day	No.	Training   Weeks 1 - 4
Mon	1	10 min paced walk (PW) + 15 min jog + 5 min paced walk (PW)
Tue	2	REST
Wed	3	REST
Thu	4	3 min PW (paced walk) + 25 min jog + 2 min PW
Fri	5	REST
Sat	6	10 min paced walk + 15 min jog + 5 min PW
Sun	7	REST
Mon	8	3 min PW (paced walk) + 25 min jog + 2 min PW
Tue	9	REST
Wed	10	3 min PW (paced walk) + 25 min jog + 2 min PW
Thu	11	REST
Fri	12	REST
Sat	13	30 minutes jog
Sun	14	Light recovery walk
Mon	15	REST
Tue	16	10 min easy jog + 5 min slightly faster tempo + 15 min jog
Wed	17	REST
Thu	18	1 h walk with last 5 minutes jogging
Fri	19	REST
Sat	20	40 minutes jog
Sun	21	30 minutes light walk
Mon	22	REST
Tue	23	30 minutes jog with last 5 minutes slightly faster tempo
Wed	24	REST
Thu	25	20 minutes jog
Fri	26	REST
Sat	27	5 km race/own test run --> WRITE DOWN TIME AND PACE
Sun	28	REST or 60 minute recovery walk

Day	No.	Training   Weeks 5 – 8
Mon	29	REST
Tue	30	30 minutes light jog
Wed	31	5 km – pace 1 min/km slower than during 5km 13.7.
Thu	32	30 minutes light jog
Fri	33	REST
Sat	34	60 minutes jogging
Sun	35	REST
Mon	36	30 – 40 minutes easy running
Tue	37	REST
Wed	38	5 km – pace 1 min/km slower than during 5km 13.7.
Thu	39	30 minutes easy recovery jog
Fri	40	REST
Sat	41	75 minutes jog with 2–3 hills (if you can find)
Sun	42	REST
Mon	43	30 – 40 minutes easy running
Tue	44	5 km – pace 1 min/km slower than during 5km 13.7.
Wed	45	REST
Thu	46	40 minutes easy with the last 10 minutes quicker
Fri	47	REST
Sat	48	90 minutes jog
Sun	49	REST
Mon	50	20 – 30 minutes easy running
Tue	51	50 minutes easy with the last 20 min at faster tempo
Wed	52	REST
Thu	53	1 hour easy with the last 20 min at faster tempo
Fri	54	REST
Sat	55	5 km – at a pace you would like to run 10 km in a week's time
Sun	56	60 minutes easy recovery jog

Day	No.	Training   Weeks 9 – 12
Mon	57	REST
Tue	58	30 – 40 minutes easy running
Wed	59	REST
Thu	60	20 minutes easy with the last 5 minutes quicker
Fri	61	REST
Sat	62	10 km race / own test run --> WRITE DOWN TIME for own record
Sun	63	REST
Mon	64	60 minutes easy jog
Tue	65	REST
Wed	66	1 hour easy with the last 15 minutes at estimated 21 km pace
Thu	67	20 – 30 minutes easy run
Fri	68	REST
Sat	69	Long run 18 km as you feel
Sun	70	REST
Mon	71	Active recovery
Tue	72	60 minutes easy run/jog
Wed	73	REST
Thu	74	10 km with last 5 km at estimated 21 km pace
Fri	75	REST
Sat	76	8 – 10 km at estimated 21 km pace
Sun	77	REST
Mon	78	30 minutes easy
Tue	79	30 minutes with the last 15 min at estimated 21 km pace
Wed	80	REST
Thu	81	20 minutes easy with the last 5 min quicker
Fri	82	REST
Sat	83	<b>Tallinn Half Marathon Day</b>
Sun	84	REST