Tallinn Marathon
2025

TALLINNA MARATON

12-week
Half Marathon Program

Level 3

Come Run With Piia

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

Level 3 program is for you if you have been running and are aiming for a 1 hour 45 min - 2 hour half marathon time. On this program you will have 4-5 runs a week. The program starts with a short-term goal of 10 km, and from that we can see how you are progressing towards your goal. Divide the training in your mind into two 6-week cycles. By the end of the first cycle, you should notice definite progress.

Easy running – In the first 3 weeks, our goal is to get you running injury-free. Most of the training during these weeks is easy running. Based on our experience, most people should do easy runs at a pace that keeps the heart rate below 140 beats per minute. Try to keep your heart rate below 140, even if it's hard at first. If, even after two weeks, the heart rate does not stay below 140 during an easy run, you can contact us and we can discuss how to proceed (email: piia@time-to-run.fi)

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.

Tempo running - Tempo running elevates heart rate beyond comfort zone and breathing rate increases so that you are clearly out of breath. The tempo run starts in the comfort zone and the speed is gradually increased as the run progresses. A successful tempo run is such that the running pace increases even towards the end, and there is no complete "tying up" during the run. As a general rule, you could say that a tempo run is run between 150 and 160 heart rates, with 160 already being close to a maximum.

REST = no exercise – Note that as you develop, on rest days you can consider strength training for the upper body and stretching the whole body to promote recovery.

Active recovery - On these days, the plan is to do 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.

Day	No.	Training | Weeks 1 – 4
Mon	1	30 – 40 minutes easy running
Tue	2	30 minutes easy running
Wed	3	REST
Thu	4	30 – 40 minutes easy running
Fri	5	REST
Sat	6	40 minutes easy with the last 10 minutes faster tempo
Sun	7	REST
Mon	8	20 – 30 minutes jog
Tue	9	40 minutes easy with the last 10 minutes faster tempo
Wed	10	REST
Thu	11	5 km tempo running
Fri	12	REST
Sat	13	50. minutes jogging
Sun	14	Active recovery
Mon	15	20 – 30 minutes jog
Tue	16	40 minutes easy with the last 15 minutes faster
Wed	17	REST
Thu	18	20 minutes easy
Fri	19	REST
Sat	20	5 km tempo run or parkrun (if in your area)
Sun	21	20 – 30 minutes recovery run
Mon	22	REST
Tue	23	40 minutes easy running
Wed	24	REST
Thu	25	30 – 40 minutes easy running
Fri	26	REST
Sat	27	60 minutes jog
Sun	28	Active recovery

Day	No.	Training | Weeks 5 – 8
Mon	29	20 – 30 minutes jog
Tue	30	REST
Wed	31	40 minute tempo run
Thu	32	20 – 30 minutes easy recovery run
Fri	33	REST
Sat	34	75 minutes jog
Sun	35	Active recovery
Mon	36	REST
Tue	37	40 minutes with the last 10 minutes at a faster tempo
Wed	38	REST
Thu	39	20 minutes with the last 5 minutes at a faster tempo
Fri	40	REST
Sat	41	10 km race or own test run --> RECORD THE TIME AND PACE
Sun	42	REST or active recovery
Mon	43	30 minutes easy jog
Tue	44	REST
Wed	45	4 x 8 minutes at expected half marathon pace with 2 minutes walk/jog recovery in between
Thu	46	30 minute recovery run
Fri	47	REST
Sat	48	90 minutes jog
Sun	49	REST
Mon	50	20 – 30 minutes easy running
Tue	51	REST
Wed	52	6 x 4 minutes at the same pace as you ran 10 km 27.7. with 2 minutes jog/walk recovery in between
Thu	53	30 – 40 minutes run
Fri	54	REST
Sat	55	5 km at the same pace as you ran 10 km 27.7.
Sun	56	30 minutes easy jogging

Day	No.	Training | Weeks 9 – 12
Mon	57	REST
Tue	58	3 x 5 minutes at 10 km race pace with 3 minutes easy in between
Wed	59	20 – 30 minutes easy
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	Active recovery
Mon	64	REST
Tue	65	1 hour easy running
Wed	66	REST
Thu	67	50 minutes easy with the last 15 mins at half marathon pace
Fri	68	REST
Sat	69	Long run 18 km as you feel
Sun	70	Active recovery
Mon	71	20 – 30 minutes easy
Tue	72	40 minutes easy
Wed	73	REST
Thu	74	8 – 10 km at half marathon pace
Fri	75	REST
Sat	76	8 – 10 km at half marathon pace
Sun	77	REST
Mon	78	30 minutes easy
Tue	79	30 minutes easy with the last 15 mins at half marathon pace
Wed	80	REST
Thu	81	30 minutes easy
Fri	82	REST
Sat	83	**Tallinn Half Marathon Day**
Sun	84	REST