Tallinn Marathon
2025

TALLINNA MARATON

12-week
Half Marathon Program

Level 4

Come Run With Piia

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

Level 4 program is for more experienced runners who are aiming for a certain time in the Tallinn Half Marathon. This program is based on Time-to-Run 10 km training programs, which work on 3-week cycles. The 10 km program is sufficient for a half marathon, just need to add the longer runs as we have done here. The first 3 weeks consist of the build-up period of the Time-to-Run program, after which we believe you will get into a good training rhythm towards the Tallinn half marathon. Weeks 1-4 should be basic training for a runner of your level. You can expect clear progress around the 6th week.

E**asy 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.

4 km time-trial – Find a 400 m running track and run a test run (10 laps of the indoor track). If there is no sports field near you, find a 4 km route that is as flat as possible. Take your time. The test run determines the pace of future training sessions. Here is an example how you calculate:

20 min for 4 km = 5:00 min/km which is 25 min for 5 km
Double the 5 km time [our example = 50 min] and add 1 minute [our example = 51 min] to get 10 km time
51 min for 10 km = 5:06 min/km … round off to **5:10** … this becomes your 5x2000m pace per km
5 x 2000m at **5:10** min/km with Rest 90 seconds
6 x 1000m at **5:00** min/km with Rest 60 seconds
NOTE: you increase the pace by 10 seconds

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 – 40 minutes easy running
Wed	3	REST
Thu	4	30 – 40 minutes easy running
Fri	5	REST
Sat	6	40 – 50 minutes over rolling hills (if you can find!)
Sun	7	1 hour easy recovery
Mon	8	REST
Tue	9	1 hour easy running
Wed	10	40 minutes easy running
Thu	11	1 hour with the last 15 minutes higher tempo
Fri	12	REST
Sat	13	40 – 50 minutes over rolling hills (work the hills)
Sun	14	75 minutes easy running
Mon	15	REST
Tue	16	40 minutes easy with the last 15 minutes faster
Wed	17	20 – 30 minutes easy running
Thu	18	5 x 8 minutes with 2 minutes recovery jog in between
Fri	19	REST
Sat	20	75 minutes of easy running (time on feet)
Sun	21	REST
Mon	22	20 – 30 minutes easy
Tue	23	**4 km time-trial** --> see instructions above
Wed	24	REST
Thu	25	**4 –5 x 2000m** – 90 sec rest in between
Fri	26	REST
Sat	27	75 minutes easy running
Sun	28	REST

Day	No.	Training	Weeks 5 – 8
Mon	29	30 minutes easy
Tue	30	**6 x 1000m** – 60 sec rest in between
Wed	31	30 minutes easy running
Thu	32	40 minutes easy running
Fri	33	REST
Sat	34	5 km tempo run
Sun	35	1 hour easy recovery
Mon	36	REST
Tue	37	**3 x 5 minutes** at 10 km race pace – 2 min easy in between
Wed	38	30 minutes easy
Thu	39	warm-up + **6 x 1 min fast/slow** (fast ones at 10 km race pace 27.7.)
Fri	40	REST
Sat	41	10 km race **or** own test run ––> RECORD THE TIME AND PACE
Sun	42	Active recovery
Mon	43	20 – 30 minutes easy
Tue	44	1 hour over rolling hills (if you can find!)
Wed	45	REST
Thu	46	**4 – 5 x 2000m** at the same pace as 10 km 27.7. – 90 sec rest
Fri	47	REST
Sat	48	90 minutes jog
Sun	49	Active recovery
Mon	50	20 – 30 minutes easy running
Tue	51	**6 x 1000m** 10 seconds quicker than 2000m on Thursday – 60 sec rest in between
Wed	52	30 – 40 minutes easy
Thu	53	1 hour with the last 15 minutes at expected 10 km race pace
Fri	54	REST
Sat	55	5 km at expected 10 km race pace
Sun	56	1 h recovery jog

Day	No.	Training	Weeks 9 – 12
Mon	57	Active recovery
Tue	58	3 x 5 minutes at 10 km race pace with 3 minutes easy in between
Wed	59	30 minutes easy
Thu	60	warm–up + **6 x 1 min fast/slow** (fast minutes at 10 km pace 17.8.)
Fri	61	REST
Sat	62	10 km race **or** your own test run --> WRITE DOWN TIME
Sun	63	Active recovery
Mon	64	20 – 30 minutes easy
Tue	65	60 – 70 minutes easy over rolling hills (if you can find!)
Wed	66	Active recovery
Thu	67	**5 x 2000m** at 10 km race pace (17.8.) – rest 90 seconds
Fri	68	REST
Sat	69	**Long run 18 km** as you feel
Sun	70	Active recovery
Mon	71	20 – 30 minutes easy
Tue	72	**6 x 1000m** 10 seconds faster than 2000 session – rest 60 sec
Wed	73	20 – 30 minutes recovery
Thu	74	Up to 1 h easy run
Fri	75	REST
Sat	76	10 km at expected half marathon pace
Sun	77	Up to 1 h easy run
Mon	78	REST
Tue	79	3 x 5 minutes at 10 km race pace with 3 min jog in between
Wed	80	30 minutes easy running
Thu	81	warm–up + **6 x 1 min fast/slow** (fast minutes at race pace)
Fri	82	REST
Sat	83	**Tallinn Half Marathon Day**
Sun	84	REST