

Schema **halve marathon** 21 km

Week 1	Dag	Training	km
	1		
	2	60' tempo 1	4
	3		
	4	45' tempo 2	4
	5		
	6	7 km	7
	7		

Week 2	Dag	Training	km
	1		
	2	60' tempo 1	4
	3		
	4	45' tempo 2	4
	5		
	6	10 km	10
	7		

Week 3	Dag	Training	km
	1		
	2	60' tempo 2	5
	3		
	4	60' tempo 2	5
	5		
	6	10 km	10
	7		

Week 4	Dag	Training	km
	1		
	2	60' tempo 2	5
	3		
	4	45' tempo 123 interval	4
	5		
	6	12 km	12
	7		

Week 5	Dag	Training	km
	1		
	2	60' tempo 1	4
	3		
	4	45' tempo 2	4
	5		
	6	10 km	10
	7		

Week 6	Dag	Training	km
	1		
	2	60' tempo 2-3	5,5
	3		
	4	45' tempo 123 interval	4
	5		
	6	12 km	12
	7		

Week 7	Dag	Training	km
	1		
	2	60' tempo 2-3	5,5
	3		
	4	60' tempo 123 interval	5
	5		
	6	14 km	14
	7		

Week 8	Dag	Training	km
	1		
	2	75' tempo 2-3	7
	3		
	4	60' tempo 3	6
	5		
	6	16 km	12
	7		

Week 9	Dag	Training	km
	1		
	2	60' tempo 1	4
	3		
	4	60' tempo 2	5
	5		
	6	10 km	10
	7		

Week 10	Dag	Training	km
	1		
	2	75' tempo 3	7,5
	3		
	4	60' tempo 123 interval	5
	5		
	6	16 km	16
	7		

Week 11	Dag	Training	km
	1		
	2	75' tempo 3	7,5
	3		
	4	60' tempo 123 interval	5
	5		
	6	18 km	18
	7		

Week 12	Dag	Training	km
	1		
	2	60' tempo 1	4
	3		
	4	30' tempo 2	2,5
	5		
	6	21 km	21
	7		

