

Running schedule marathon half advanced

	Datum	Ma	Di	Wo	Do	Vr	Za	Zo	Totaal		
General preparation period											
1											
2											
3											
4											
5											
6											
				Specific	preparation	period					
7											
8											
9											
10											
11											

Running schedule marathon half advanced (continuation)

	Datum	Ma	Di	Wo	Do	Vr	Za	Zo	Totaal		
Intensive period											
12											
13											
14											
	The last two weeks										
15											
16											