Running schedule half marathon for half advanced

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

Running schedule half marathon for half advanced (continuation)

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