

TRAINING PROGRAM HALF MARATHON



WRRRC COPENHAGEN 26

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WORLD ATHLETICS
ROAD RUNNING
CHAMPIONSHIPS
COPENHAGEN
26

21.0975 KILOMETRES TO THE WORLD CHAMPIONSHIPS

In September 2026, the World Athletics Road Running Championships will come to Copenhagen.

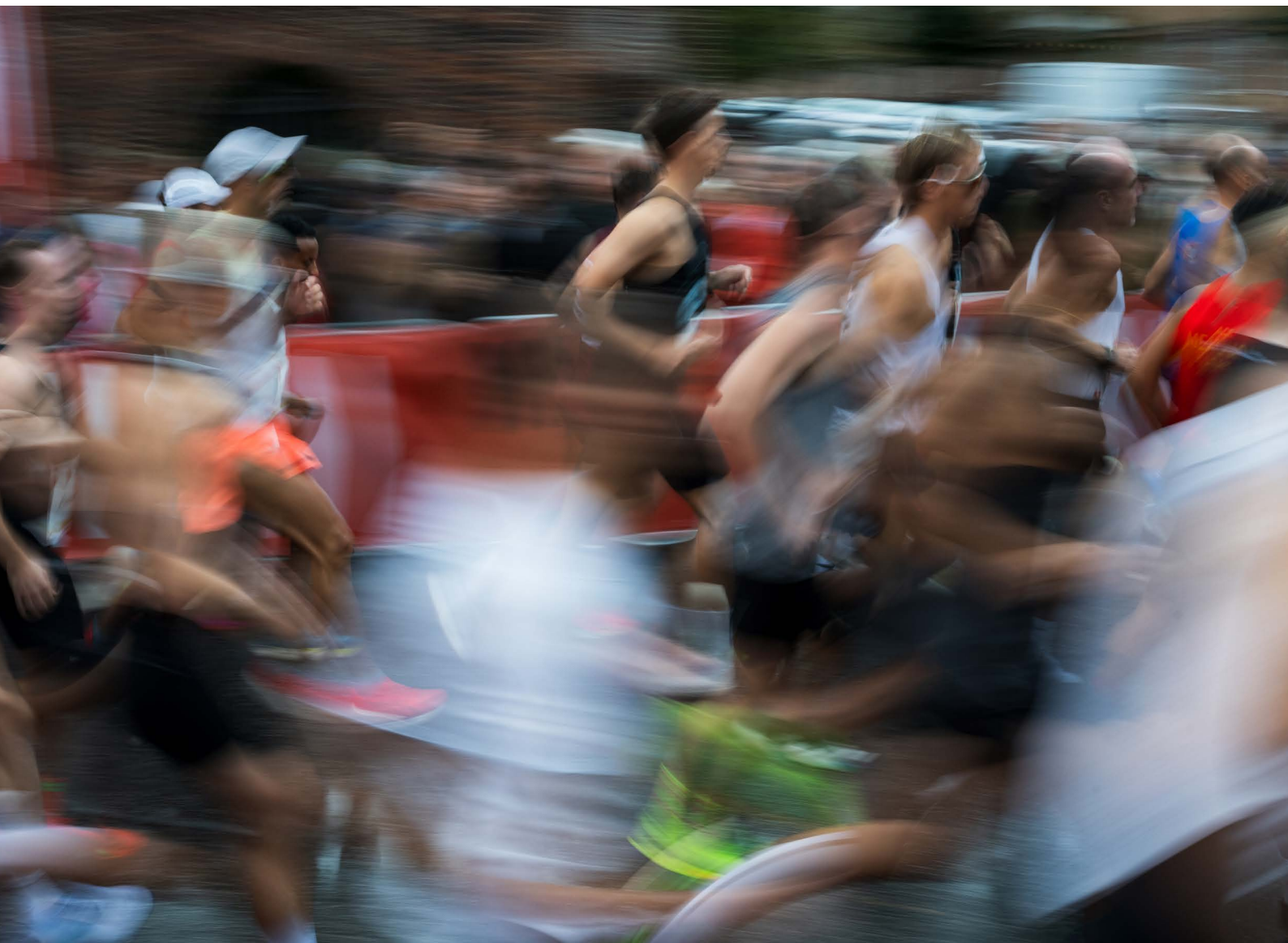
The world's best runners will compete for medals. At the same time, thousands of recreational runners will have the opportunity to experience the same championships, the same streets, and the same unique atmosphere.

Right now, 21.0975 kilometres may feel like a long way. But a half marathon is not built in a day. It is built one training run at a time.

That is why we have developed a range of free training programmes to help you build your fitness gradually and safely towards race day. Whether your goal is to complete your first half marathon, run faster than last time, or chase a new personal best, there is a programme suited to your level.

At WRRC Copenhagen 26, new world champions will be crowned.

But the championships are not only for the elite. You are qualified.



HOW TO FIND YOUR HALF MARATHON PACE

If you are unsure of your half marathon pace, you can use your most recent 5 km time as a guide. If you have not run a fast 5 km recently, you can start your training plan by doing this test.

Begin with a 1-2 km warm-up and include a few strides. Strides are short accelerations over approximately 100 metres where you gradually increase your speed to prepare your muscles and body for the effort ahead. Complete 3-4 strides before starting.

Then run 5 km as fast as you can. Add approximately 25-35 seconds per kilometre to your average pace. This will give you a good estimate of the pace you may be able to sustain for a half marathon.

Example:

- 5 km in 25:00 = 5:00 min/km
- Half marathon pace $\approx$ 5:30–5:35 min/km

Your pace does not need to be exact. The most important thing is that it feels controlled and realistic to maintain for a longer period.

5 km time estimated half marathon pace

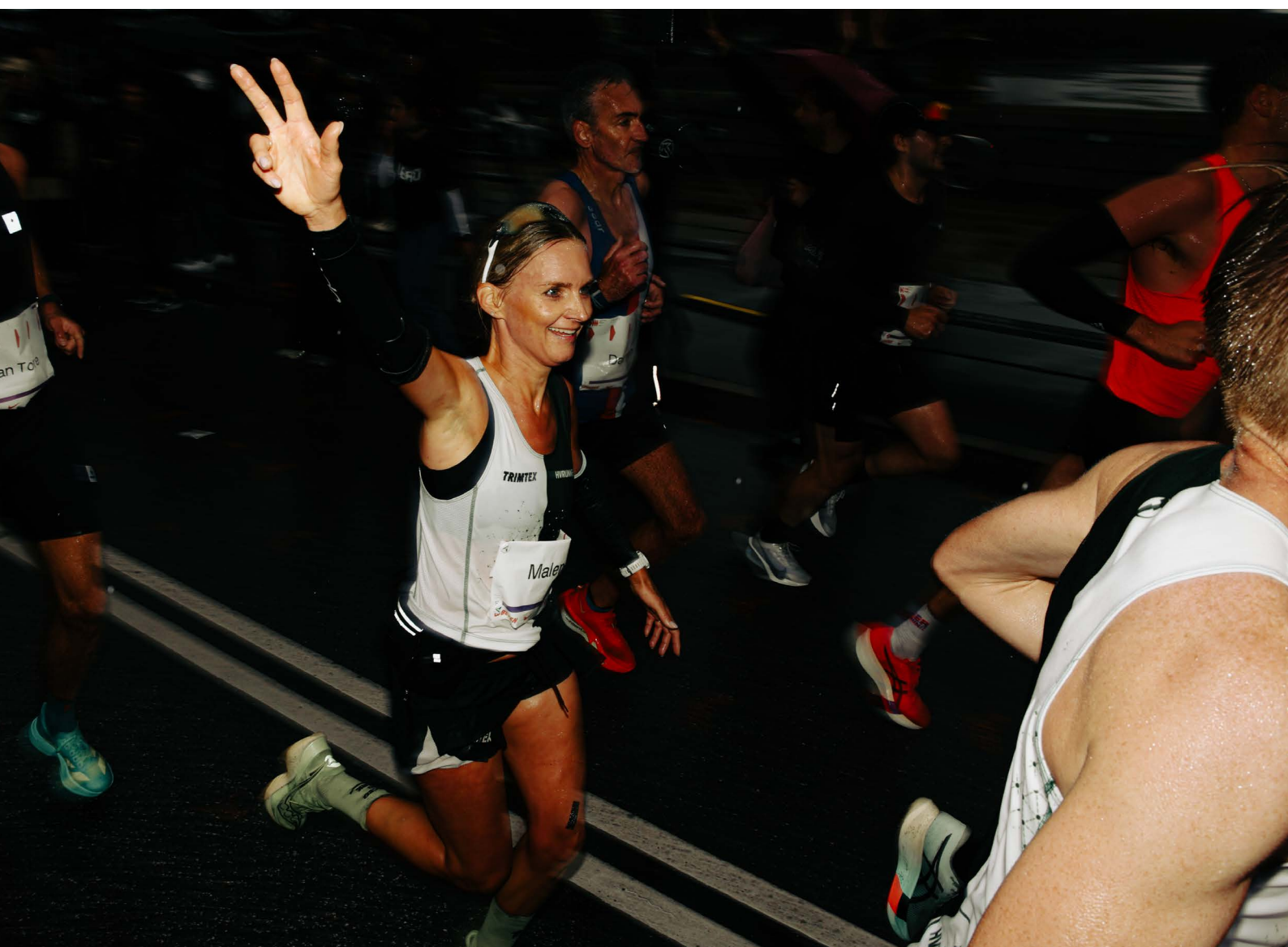
20:00 approx. 4:30 min/km

22:30 approx. 5:00 min/km

25:00 approx. 5:35 min/km

27:30 approx. 6:10 min/km

30:00 approx. 6:45 min/km





BEGINNERS TRAINING PROGRAM

Your half marathon starts with a single run. Then another. And before you know it, what once felt far away has become a realistic goal.

Our free 12-week training programme helps you build your fitness gradually and safely as you prepare for your half marathon.

Train at your own pace

The programme consists of three weekly runs and is designed to fit into everyday life. The goal is not to train as much as possible. The goal is to train consistently.

If you are new to the distance, it is perfectly fine to combine running and walking in the beginning. Give your body time to adapt to the training load and focus on staying consistent.

Build your fitness week by week

The programme gradually increases your training volume, helping you build both endurance and confidence along the way. The lon-

gest training run reaches approximately 15 kilometres, providing a solid foundation for race day.

The goal may seem a long way off right now, but every training session brings you one step closer.

Stay motivated

Three runs per week are enough to make significant progress. Some days will feel easy. Others will feel long. Both are part of the process, and it is important to listen to your body.

Many runners find it easier to stay motivated when training with others. Consider inviting a friend to join you or look for a local running community.

And remember: training is not just about reaching the start line on 20 September. It is also about enjoying the journey and the running experiences that await you along the way.

WEEK 1

DAY	DISTANCE
Monday	
Tuesday	4 km easy
Wednesday	
Thursday	4 km easy
Friday	
Saturday	7 km easy
Sunday	

WEEK 2

DAY	DISTANCE
Monday	
Tuesday	5 km easy
Wednesday	
Thursday	5 km easy
Friday	
Saturday	8 km easy
Sunday	

WEEK 3

DAY	DISTANCE
Monday	
Tuesday	5 km easy
Wednesday	
Thursday	5 km easy
Friday	
Saturday	8 km easy
Sunday	

WEEK 4

DAY	DISTANCE
Monday	
Tuesday	6 km easy
Wednesday	
Thursday	5 km easy
Friday	
Saturday	10 km easy
Sunday	

WEEK 5

DAY	DISTANCE
Monday	
Tuesday	6 km easy
Wednesday	
Thursday	5 km easy
Friday	
Saturday	10 km easy
Sunday	

WEEK 6

DAY	DISTANCE
Monday	
Tuesday	7 km easy
Wednesday	
Thursday	5 km easy
Friday	
Saturday	11 km easy
Sunday	

WEEK 7

DAY	DISTANCE
Monday	
Tuesday	7 km easy
Wednesday	
Thursday	5 km easy
Friday	
Saturday	11 km easy
Sunday	

WEEK 8

DAY	DISTANCE
Monday	
Tuesday	8 km easy
Wednesday	
Thursday	5 km easy
Friday	
Saturday	13 km easy
Sunday	

WEEK 9

DAY	DISTANCE
Monday	
Tuesday	8 km easy
Wednesday	
Thursday	5 km easy
Friday	
Saturday	13 km easy
Sunday	

WEEK 10

DAY	DISTANCE
Monday	
Tuesday	10 km easy
Wednesday	
Thursday	6 km easy
Friday	
Saturday	14 km easy
Sunday	

WEEK 11

DAY	DISTANCE
Monday	
Tuesday	10 km easy
Wednesday	
Thursday	6 km easy
Friday	
Saturday	16 km easy
Sunday	

WEEK 12

DAY	DISTANCE
Monday	
Tuesday	5 km easy
Wednesday	
Thursday	4 km easy
Friday	
Saturday	
Sunday	WRRR Copenhagen 26



INTERMEDIATE TRAINING PROGRAM

You can already run 5 kilometres. Now it's time to build on that.

Our free 12-week half marathon training programme for intermediate runners is designed for those who want more structure and a clear goal to train towards. With three training sessions per week, you will gradually build your fitness and be ready for the start line at WRRRC Copenhagen 26.

Train with purpose

The programme combines easy runs, longer training sessions and faster-paced running. Every workout in your training plan has a purpose, and together they provide the right balance between development and recovery.

The goal is not to train as much as possible. The goal is to train consistently and get the most out of every session.

Build your fitness week by week

The programme gradually increases the training load, giving your

body time to adapt along the way. Some training days will feel easy. Others will require a little more. Both are important parts of the process.

Over time, the distances become longer, your fitness grows stronger, and the goal of reaching the start line on 20 September becomes more realistic with every run.

Trust the process

Not every training session will be perfect. That is part of the journey.

The most important thing is to keep going.

The more kilometres you accumulate over the next 12 weeks, the better prepared you will be on race day. The biggest improvements rarely come from a single workout. They come from consistency over time.

WEEK 1

DAY	DISTANCE
Monday	
Tuesday	6 km incl. 2 x 1 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	9 km easy
Sunday	

Read
explanation at
the bottom
of the page

WEEK 2

DAY	DISTANCE
Monday	
Tuesday	6 km incl. 2 km + 1 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	10 km easy
Sunday	



WEEK 3

DAY	DISTANCE
Monday	
Tuesday	6 km incl. 2 km + 1 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	10 km easy
Sunday	



WEEK 4

DAY	DISTANCE
Monday	
Tuesday	7 km incl. 2 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	10 km easy
Sunday	



WEEK 5

DAY	DISTANCE
Monday	
Tuesday	7 km incl. 2 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	10 km easy
Sunday	



WEEK 6

DAY	DISTANCE
Monday	
Tuesday	8 km incl. 3 km + 3 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	12 km easy
Sunday	



The specified kilometres are run at half marathon pace. The remaining kilometres are run at an easy pace. Example: "7 km, including 2 x 1 km at half marathon pace" means that you run 7 km in total. 2 of those kilometres are run at half marathon pace, while the remaining kilometres are run at an easy pace.

WEEK 7

DAY	DISTANCE
Monday	
Tuesday	8 km incl. 3 km + 3 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	14 km easy
Sunday	

WEEK 9

DAY	DISTANCE
Monday	
Tuesday	8 km incl. 4 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	16 km easy
Sunday	

WEEK 11

DAY	DISTANCE
Monday	
Tuesday	9 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	18 km easy
Sunday	

WEEK 8

DAY	DISTANCE
Monday	
Tuesday	8 km incl. 4 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	14 km easy
Sunday	

WEEK 10

DAY	DISTANCE
Monday	
Tuesday	9 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	17 km easy
Sunday	

WEEK 12

DAY	DISTANCE
Monday	
Tuesday	6 km incl. 2 x 1 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	
Sunday	WRRR Copenhagen 26



ADVANCED TRAINING PROGRAM

You have the running routine. Now it's time to take the next step.

Our free half marathon training programme for advanced runners is designed for those who want structure and quality.

Turn up the training

Four training sessions per week provide the right balance between quality and recovery, including an active recovery run. Keeping your legs moving can help ease soreness and support recovery.

The programme gradually increases both distance and intensity, while tempo runs and intervals help you find and maintain your half marathon pace.

The goal is not to train as much as possible. The goal is to train smart and absorb the training.

Build speed on a strong foundation

As your fitness improves, it can be tempting to run both longer and faster. But the best results rarely come from increasing both

at the same time. That is why we recommend focusing on one at a time: either run a little faster or run a little farther. Then build on the other.

The programme helps you balance training load and recovery, allowing you to progress steadily throughout the entire programme.

Run with your head, not just your legs

Effective training is all about timing and balance. Knowing when to challenge your body and when to let it recover.

The programme combines easy runs, tempo sessions, and intervals that gradually increase the workload. Every session has a clear purpose. With each passing week, you will gain a better understanding of your pace, your strengths and your limits.

The better you know yourself as a runner, the more likely you are to stand on the start line at the World Athletics Road Running Championships in Copenhagen with confidence.

WEEK 1

DAY	DISTANCE
Monday	5 km. easy
Tuesday	7 km incl. 2 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	12 km. easy
Sunday	

Read
explanation at
the bottom
of the page

WEEK 2

DAY	DISTANCE
Monday	5 km. easy
Tuesday	9 km incl. 3 km + 3 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	14 km. easy
Sunday	

WEEK 3

DAY	DISTANCE
Monday	5 km. easy
Tuesday	9 km incl. 3 km + 3 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	14 km. easy
Sunday	

WEEK 4

DAY	DISTANCE
Monday	5 km. easy
Tuesday	9 km incl. 4 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	16 km. easy
Sunday	

WEEK 5

DAY	DISTANCE
Monday	6 km. easy
Tuesday	10 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	16 km. easy
Sunday	

WEEK 6

DAY	DISTANCE
Monday	6 km. easy
Tuesday	10 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	17 km. easy
Sunday	

The specified kilometres are run at half marathon pace. The remaining kilometres are run at an easy pace. Example: "7 km, including 2 × 1 km at half marathon pace" means that you run 7 km in total. 2 of those kilometres are run at half marathon pace, while the remaining kilometres are run at an easy pace.

*Optional extra training

If you'd like a little more training, you can add an extra run on Fridays. Run 5-7 km at an easy pace, where you can comfortably hold a conversation throughout. This run is optional and should feel easy. If you're feeling tired from the week's training, simply skip it.

WEEK 7

DAY	DISTANCE
Monday	6 km. easy
Tuesday	● 10 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	17 km. easy
Sunday	

WEEK 9

DAY	DISTANCE
Monday	6 km. easy
Tuesday	● 10 km incl. 4 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	18 km. easy
Sunday	

WEEK 11

DAY	DISTANCE
Monday	5 km easy
Tuesday	● 8 km incl. 2 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	(*5-7 km)
Saturday	10 km easy
Sunday	

WEEK 8

DAY	DISTANCE
Monday	6 km. easy
Tuesday	● 10 km incl. 5 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	17 km. easy
Sunday	

WEEK 10

DAY	DISTANCE
Monday	5 km. easy
Tuesday	● 10 km incl. 3 km + 2 km in half marathon pace
Wednesday	
Thursday	5 km. easy
Friday	(*5-7 km)
Saturday	16 km. easy
Sunday	

WEEK 12

DAY	DISTANCE
Monday	5 km easy
Tuesday	● 8 km incl. 2 x 1 km in half marathon pace
Wednesday	
Thursday	5 km easy
Friday	
Saturday	
Sunday	WRRR Copenhagen 26