

Gulu City Marathon – Half Marathon Training Plan (21.1 KM)

Start Date: Monday 15th September 2025

Duration: 12 Weeks

Race Day: Saturday 6th December 2025

Pacing Guidelines

- **Easy (E):** 6:45–7:30 min/km (relaxed, conversational)
- **Tempo (T):** 5:55–6:15 min/km (comfortably hard)
- **Half Marathon Pace (HMP):** 5:35–5:45 min/km (controlled race effort)
- **Strides:** 20 sec @ ~4:30–4:40 min/km, full recovery
- **Strength Training:** bodyweight/core (planks, squats, lunges, push-ups)
- **Peak Long Runs:** Beginner – 17 km, Experienced – 24 km



Week	Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wk 1	Beginner	Rest / Strength	4 km jog (E)	Rest	3 km jog (E)	Rest / Strength	6 km jog (E)	3 km jog
	Experienced	Rest / Strength	6 × 600m @ HMP (5:40/km), 2 min jog	6 km (E)	5 km tempo (T 6:00/km)	Rest / Strength	10 km (E)	4 km jog
Wk 2	Beginner	Rest / Strength	5 km jog (E)	Rest	3 km jog (E)	Rest / Strength	8 km jog (E)	3 km jog
	Experienced	Rest / Strength	8 × 400m @ 10K pace (5:15/km), 200m jog	6 km (E)	6 km tempo (T)	Rest / Strength	12 km (E)	4 km jog
Wk 3	Beginner	Rest / Strength	5 km jog (E)	Rest	4 × 3 min brisk (HMP) / 2 min jog	Rest / Strength	10 km jog (E)	4 km jog
	Experienced	Rest / Strength	6 × 800m @ HMP (5:40/km), 400m jog	7 km (E)	Hills: 8 × 60 sec hard (~5:00/km)	Rest / Strength	14 km (E)	5 km jog
Wk 4	Beginner	Rest / Strength	6 km jog (E)	Rest	4 km jog (E)	Rest / Strength	12 km jog (E)	4 km jog
	Experienced	Rest / Strength	5 × 1 km @ HMP (5:40/km), 2 min jog	7 km (E)	7 km tempo (T)	Rest / Strength	16 km (E)	5 km jog
Wk 5	Beginner	Rest / Strength	6 km jog (E)	Rest	5 × 2 min brisk (HMP) / 90 sec jog	Rest / Strength	14 km jog (E)	4 km jog
	Experienced	Rest / Strength	10 × 400m @ 10K pace (5:15/km), 200m jog	7 km (E)	8 km tempo (T 5:55–6:05/km)	Rest / Strength	18 km (E)	5 km jog
Wk 6	Beginner	Rest / Strength	6 km jog (E)	Rest	4 km jog (E)	Rest / Strength	15 km jog (E)	4 km jog
	Experienced	Rest / Strength	6 × 1 km @ HMP (5:40/km), 2 min jog	8 km (E)	Hills: 10 × 60 sec (~5:00/km)	Rest / Strength	20 km (E)	5 km jog
Wk 7	Beginner	Rest / Strength	5 km jog (E)	Rest	5 km jog (E)	Rest / Strength	12 km jog (E)	Rest
	Experienced	Rest / Strength	12 × 400m @ 10K pace (5:15/km), 200m jog	7 km (E)	8 km tempo (T ~6:00/km)	Rest / Strength	18 km (E)	Rest
Wk 8	Beginner	Rest / Strength	7 km jog (E)	Rest	5 × 2 min brisk (HMP) / 90 sec jog	Rest / Strength	16 km jog (E)	4 km jog
	Experienced	Rest / Strength	7 × 1 km @ HMP (5:40/km), 2 min jog	8 km (E)	9 km tempo (T)	Rest / Strength	22 km (E)	6 km jog
Wk 9	Beginner	Rest / Strength	6 km jog (E)	Rest	4 km jog (E)	Rest / Strength	17 km jog (E)	5 km jog

	<i>Experienced</i>	Rest / Strength	6 × 1 km @ HMP (5:40/km), 2 min jog	8 km (E)	Hills: 12 × 60 sec hard	Rest / Strength	24 km (E)	6 km jog
Wk 10	<i>Beginner</i>	Rest / Strength	6 km jog (E)	Rest	4 km jog (E)	Rest / Strength	14 km jog (E)	4 km jog
	<i>Experienced</i>	Rest / Strength	6 × 800m @ HMP (5:40/km), 400m jog	7 km (E)	8 km tempo (T)	Rest / Strength	20 km (E)	5 km jog
Wk 11	<i>Beginner</i>	Rest / Strength	4 km jog (E)	Rest	3 km jog (E)	Rest / Strength	10 km jog (E)	Rest
	<i>Experienced</i>	Rest / Strength	8 × 400m @ 10K pace (5:15/km), 200m jog	6 km (E)	5 km tempo (T)	Rest / Strength	14 km (E)	Rest
Wk 12	<i>Beginner</i>	Rest / Strength	3 km jog (E)	Rest	10–15 min jog (E)	Rest / Strength	RACE DAY	Rest
	<i>Experienced</i>	Rest / Strength	3 km jog (E) + 4 × 20 sec strides (4:30/km)	Rest	10–15 min jog (E)	Rest / Strength	RACE DAY	Rest