



KOVALAM MARATHON

TRIVANDRUM | 13 SEP 2026

KOVALAM MARATHON

Half Marathon (21.1 KM)

100-DAY TRAINING PLAN



100 DAYS
STRUCTURED PLAN



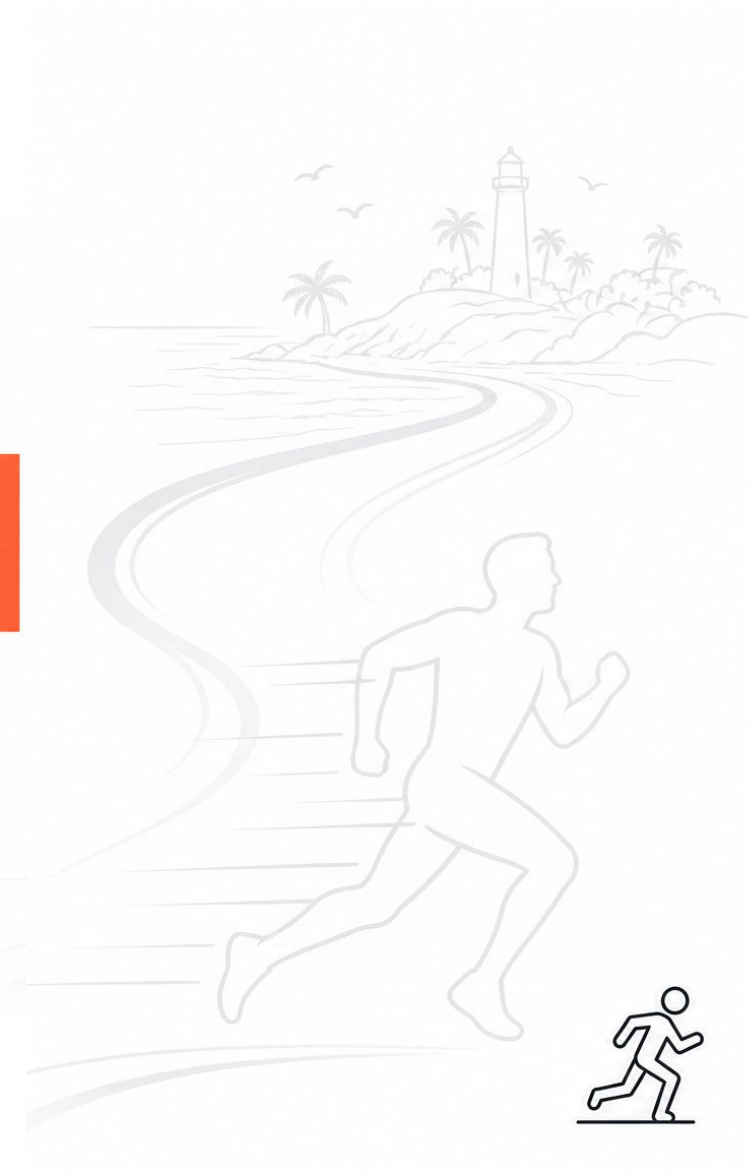
WEEKLY FOCUS
BUILD • ADAPT • PERFORM



TRAIN SMART
RECOVER • STAY STRONG



RACE READY
YOUR BEST MILE

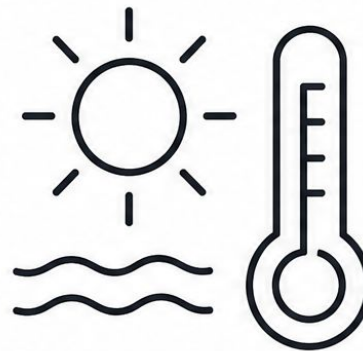


TRAINING OVERVIEW



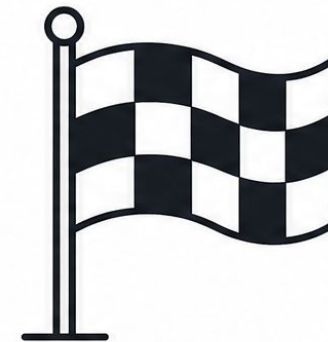
100-DAY STRUCTURED PLAN

14 weeks of
progressive training



DESIGNED FOR **INDIAN CONDITIONS**

Heat & humidity
adaptation



GOAL: BUILD **ENDURANCE &** **FINISH STRONG**

Complete 21.1 KM
confidently

HOW TO USE THIS PLAN



1

Follow the weekly schedule consistently



2

Tick each day after completion



3

Keep easy runs slow – build aerobic base



4

Do not skip long runs – they build endurance



5

Start hill training from Week 4



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MARATHON

















WEEKLY TRAINING STRUCTURE





WEEK 1 - BASE BUILDING BEGINS

WEEK 1 OF 14

 DAY	 WORKOUT	DONE <input type="checkbox"/>
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (4 km)	<input type="checkbox"/>
 WEDNESDAY	 4 × 400m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run (4 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 Tempo (5 km)	<input type="checkbox"/>
 SUNDAY	 Long Run (6 km)	<input type="checkbox"/>

















WEEK 2 – BUILDING CONSISTENCY



WEEK 2 OF 14



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DAY	WORKOUT	DONE <input type="checkbox"/>
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (5 km)	<input type="checkbox"/>
 WEDNESDAY	 5 × 400m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run (4 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 Tempo (6 km)	<input type="checkbox"/>
 SUNDAY	 Long Run (8 km)	<input type="checkbox"/>

















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WEEK 3 – STEADY PROGRESS

WEEK 3 OF 14

















DAY	WORKOUT	COMPLETE
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (5 km)	<input type="checkbox"/>
 WEDNESDAY	 6 × 400m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run (5 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 Tempo (7 km)	<input type="checkbox"/>
 SUNDAY	 Long Run (10 km)	<input type="checkbox"/>

★ CONSISTENCY TODAY. STRENGTH TOMORROW. ★

WEEK 4 – HILLS INTRODUCTION



WEEK 4 OF 14

DAY	WORKOUT	COMPLETE
 MONDAY	 REST	<input type="checkbox"/>
 TUESDAY	 EASY RUN (6 KM)	<input type="checkbox"/>
 WEDNESDAY	 HILL REPEATS (5 × 2 MIN UPHILL)	<input type="checkbox"/>
 THURSDAY	 EASY RUN (5 KM)	<input type="checkbox"/>
 FRIDAY	 REST	<input type="checkbox"/>
 SATURDAY	 TEMPO (7 KM)	<input type="checkbox"/>
 SUNDAY	 LONG RUN (11 KM)	<input type="checkbox"/>



NOTE: HILLS BUILD STRENGTH FOR RACE DAY

















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WEEK 5 – INCREASING LOAD



WEEK 5 OF 14

DAY	WORKOUT	DONE
 MONDAY	 Rest	<input type="checkbox"/>
 TUESDAY	 Easy Run (6 km)	<input type="checkbox"/>
 WEDNESDAY	 8 × 400m intervals	<input type="checkbox"/>
 THURSDAY	 Easy Run (6 km)	<input type="checkbox"/>
 FRIDAY	 Rest	<input type="checkbox"/>
 SATURDAY	 Tempo (8 km)	<input type="checkbox"/>
 SUNDAY	 Long Run (12 km)	<input type="checkbox"/>



HYDRATE



FUEL



RECOVER

CONSISTENCY TODAY, STRENGTH TOMORROW.


















WEEK 6 – BUILDING ENDURANCE



WEEK 6 OF 14

DAY	WORKOUT	FOCUS	DONE
 MONDAY	Rest	 Recovery	<input type="checkbox"/>
 TUESDAY	Easy Run (7 km)	 Endurance	<input type="checkbox"/>
 WEDNESDAY	Hill Repeats (6 x 2 min uphill)	 Strength	<input type="checkbox"/>
 THURSDAY	Easy Run (6 km)	 Endurance	<input type="checkbox"/>
 FRIDAY	Rest	 Recovery	<input type="checkbox"/>
 SATURDAY	Tempo (8 km)	 Stamina	<input type="checkbox"/>
 SUNDAY	Long Run (14 km)	 Endurance	<input type="checkbox"/>






















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WEEK 7 - HALFWAY POINT

WEEK 7 OF 14

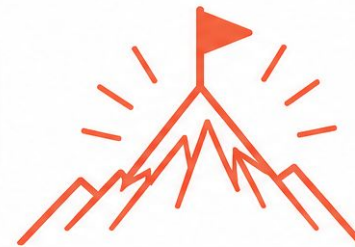


DAY	WORKOUT	DETAILS	FOCUS	DONE
 MONDAY	Rest	—	 Recovery	<input type="checkbox"/>
 TUESDAY	Easy Run (7 km)	 7 km easy pace	 Aerobic Base	<input type="checkbox"/>
 WEDNESDAY	10 × 400m intervals	 10 × 400m at fast pace 200m jog recovery	 Speed & Efficiency	<input type="checkbox"/>
 THURSDAY	Easy Run (6 km)	 6 km easy pace	 Aerobic Base	<input type="checkbox"/>
 FRIDAY	Rest	—	 Recovery	<input type="checkbox"/>
 SATURDAY	Tempo (9 km)	 9 km at comfortably hard pace	 Lactate Threshold	<input type="checkbox"/>
 SUNDAY	Long Run (15 km)	 15 km easy pace	 Endurance	<input type="checkbox"/>







YOU'RE HALFWAY THROUGH!

WEEK 8 – PEAK LONG RUN



WEEK 8 OF 14

DAY	WORKOUT	DETAILS	FOCUS	DONE
 MONDAY	Rest	—	 Recovery	<input type="checkbox"/>
 TUESDAY	Easy Run	7 km	 Endurance	<input type="checkbox"/>
 WEDNESDAY	Hill Repeats	8 × 2 min uphill	 Strength	<input type="checkbox"/>
 THURSDAY	Easy Run	7 km	 Endurance	<input type="checkbox"/>
 FRIDAY	Rest	—	 Recovery	<input type="checkbox"/>
 SATURDAY	Tempo	9 km	 Threshold	<input type="checkbox"/>
PEAK RUN  SUNDAY	Long Run	18 km	 Endurance	<input type="checkbox"/>



LONGEST RUN – FUEL AND HYDRATE WELL!





WEEK 9 – MAINTAINING STRENGTH



WEEK 9 OF 14
























STAY STRONG.



STAY CONSISTENT.



STAY FOCUSED.

DAY	WORKOUT	FOCUS	DONE
 MON	 Rest	 Recovery	<input type="checkbox"/>
 TUE	 Easy Run (7 km)	 Aerobic Base	<input type="checkbox"/>
 WED	 10 × 400m intervals	 Speed & VO ₂ Max	<input type="checkbox"/>
 THU	 Easy Run (7 km)	 Aerobic Base	<input type="checkbox"/>
 FRI	 Rest	 Recovery	<input type="checkbox"/>
 SAT	 Tempo (10 km)	 Tempo Endurance	<input type="checkbox"/>
 SUN	 Long Run (16 km)	 Endurance	<input type="checkbox"/>

















CONSISTENCY BUILDS STRENGTH. Trust the process and enjoy the journey.

1 2 3 4 5 6 7 8 **9** 10 11 12 13 14



WEEK 10 – STEADY STATE

 WEEK 10 OF 14

DAY	WORKOUT	DETAILS	DONE
 MONDAY	 REST	–	<input type="checkbox"/>
 TUESDAY	 EASY RUN	6 km	<input type="checkbox"/>
 WEDNESDAY	 HILL REPEATS	8 × 2 min uphill	<input type="checkbox"/>
 THURSDAY	 EASY RUN	6 km	<input type="checkbox"/>
 FRIDAY	 REST	–	<input type="checkbox"/>
 SATURDAY	 TEMPO	9 km	<input type="checkbox"/>
 SUNDAY	 LONG RUN	14 km	<input type="checkbox"/>



CONSISTENCY TODAY. STRONGER TOMORROW.



HYDRATE. FUEL. RECOVER.























LISTEN TO YOUR BODY.

WEEK 11 – FINAL BUILD

 WEEK **11** OF 14



STRONGER NOW. READY SOON.
Every session gets you closer.

DAY	WORKOUT	FOCUS	DONE
 MONDAY	 Rest	 Recovery	<input type="checkbox"/>
 TUESDAY	 Easy Run (6 km)	 Endurance	<input type="checkbox"/>
 WEDNESDAY	 8 × 400m intervals	 Speed	<input type="checkbox"/>
 THURSDAY	 Easy Run (6 km)	 Endurance	<input type="checkbox"/>
 FRIDAY	 Rest	 Recovery	<input type="checkbox"/>
 SATURDAY	 Tempo (8 km)	 Threshold	<input type="checkbox"/>
 SUNDAY	 Long Run (15 km)	 Endurance	<input type="checkbox"/>












TRAIN SMART. STAY CONSISTENT. **FINISH STRONG.**



WEEK 12 – TAPER BEGINS

 WEEK 12 OF 14

DAY	WORKOUT	DETAILS	FOCUS	DONE
 MONDAY	Rest	—	 RECOVERY	<input type="checkbox"/>
 TUESDAY	Easy Run (5 km)	Easy effort, conversational pace	 ENDURANCE	<input type="checkbox"/>
 WEDNESDAY	6 × 400m Intervals	400m hard / 200m jog recovery Warm up & cool down	 SPEED	<input type="checkbox"/>
 THURSDAY	Easy Run (5 km)	Easy effort, conversational pace	 ENDURANCE	<input type="checkbox"/>
 FRIDAY	Rest	—	 RECOVERY	<input type="checkbox"/>
 SATURDAY	Tempo (7 km)	Comfortably hard effort Steady & controlled	 STRENGTH	<input type="checkbox"/>
 SUNDAY	Long Run (12 km)	Easy, steady effort Focus on fueling & form	 ENDURANCE	<input type="checkbox"/>



VOLUME REDUCES – TRUST YOUR TRAINING

































WEEK 13 – FINAL TAPER



WEEK **13** OF 14

DAY	WORKOUT	DETAILS	FOCUS	COMPLETE
 MONDAY	 Rest	 Recovery	 Rest & Recover	<input type="checkbox"/>
 TUESDAY	 Easy Run (4 km)	 Easy effort	 Aerobic Base	<input type="checkbox"/>
 WEDNESDAY	 4 x 400m intervals (easy)	 Short, relaxed intervals	 Speed & Form	<input type="checkbox"/>
 THURSDAY	 Easy Run (4 km)	 Easy effort	 Aerobic Base	<input type="checkbox"/>
 FRIDAY	 Rest	 Recovery	 Rest & Recover	<input type="checkbox"/>
 SATURDAY	 Easy Run (4 km)	 Easy effort	 Aerobic Base	<input type="checkbox"/>
 SUNDAY	 Easy Run (6 km)	 Comfortable effort	 Endurance	<input type="checkbox"/>



























KEEP RUNS **SHORT AND EASY** – LET YOUR BODY RECOVER —•

WEEK 14 – RACE WEEK

WEEK 14 OF 14



<input type="checkbox"/>	DAY	 WORKOUT	 FOCUS
<input type="checkbox"/>	 MONDAY	 Rest	 Recovery & Recharge
<input type="checkbox"/>	 TUESDAY	 Easy Run (3 km)	 Easy Effort
<input type="checkbox"/>	 WEDNESDAY	 Rest	 Recovery & Recharge
<input type="checkbox"/>	 THURSDAY	 Easy Run (2 km)	 Easy Effort
<input type="checkbox"/>	 FRIDAY	 Rest	 Recovery & Recharge
<input type="checkbox"/>	 SATURDAY	 +  Easy Run (2 km) + strides	 Stay Loose & Light
<input type="checkbox"/>	 SUNDAY	 RACE DAY! 21.1 KM	 Go Enjoy It!



YOU'RE READY. TRUST YOUR PREPARATION!

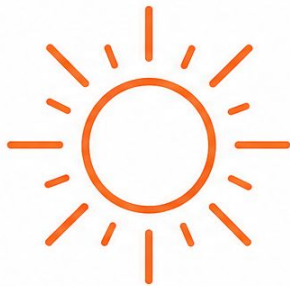
KOVALAM-SPECIFIC TRAINING TIPS



Train with rolling terrain –
Kovalam course has elevation



Practice hydration –
carry water on long runs



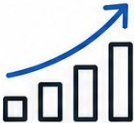









Adapt to humidity –
train during warm morning hours



Build endurance gradually –
consistency is key

IMPORTANT TRAINING GUIDELINES

- | | | | |
|---|---|---|---|
| 1 |  | Don't skip long runs – they are your race-day foundation |  |
| 2 |  | Increase weekly mileage gradually – avoid injury |  |
| 3 |  | Hydrate consistently – before, during, and after runs |  |
| 4 |  | Listen to your body – rest when needed |  |
| 5 |  | Recovery is training – sleep and nutrition matter |  |



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Dear Runner,

Every run you complete brings you one step closer to the start line.
Stay consistent, stay focused, and trust your training.

Take care of your body, eat well, hydrate, and don't ignore signs of fatigue.
Strong runners are not just trained, they are well-recovered.

Trust the process. Stay consistent.



See You at the Starting Line

www.kovalammarathon.com

