



TRAINING GUIDE OCHSNER SPORT ZÜRICH MARATHON, HALF-MARATHON

TRAINING GUIDE BY VIKTOR RÖTHLIN,
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TRAINING PLAN GUIDE

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|--|--|---|---|
| TRAINING GUIDE | Half-marathon finisher 14-week guide to finishing the half-marathon with no time constraints. The goal is to finish and have an enjoyable experience. | Half marathon in 2 hours 14-week guide to finishing the half-marathon in 2 hours. | Half-marathon in 1h45 14-week guide for more ambitious runners who not only want to reach the finish line, but also want to achieve a quick time. |
| GUIDE STRUCTURE | <p>The guide is structured cyclically. An easy week is always followed by a medium week and then a hard week.</p> <p>Training sessions are organised by colour according to intensity. Green means you run at a slow, even pace. During yellow zones you run at a medium pace and red means you can really accelerate. Two thirds of all training sessions are „green“ which is important for basic endurance!</p> | | |
| FLEXIBILITY | <p>Be flexible! You can reorganise and rotate workouts within the same week.</p> <p>Keep in mind:</p> <ol style="list-style-type: none"> 1. Always take a day off after a red training session and a long run. 2. Do not carry over any training sessions into the next week. | | |
| INCREASING TRAINING WORKLOAD | <p>If you want to add more to your routine, any extra training sessions should only be „green“ and can only be added to the second (medium) or third (hard) week. Never fill an easy week with additional running workouts. If you do any alternative sports, they too should take place in the green or, at most, the yellow zone.</p> | | |
| BREAKS FROM TRAINING | <p>With a maximum of 2 possible training sessions per week: complete the long run (if available) and a yellow training session.</p> <p>With a maximum of 1 possible training session per week: complete the long run. However, this should not be done more than twice during preparations over the last 3 months. Otherwise you will definitely have to compensate with alternative sports!</p> | | |
| MOTIVATION | <p>Your half marathon goal should be fun, so keep your motivation high. Try to run with friends. Let your children accompany you on their bike during long runs. Postpone a workout if you're feeling totally unmotivated. Enjoy improvements in your performance and, above all, listen carefully to your body.</p> <p>If you feel very tired or weak, skip training or run only in the green zone instead of in the yellow zone. But always remember: every third week is a hard week. You should feel very tired from training by the end of the week! This will be followed by an easy, relaxing week, which you'll enjoy even more. :-)</p> | | |
| CORE STRENGTH & ADDITIONAL TRAINING | <p>In addition to endurance training, it is also important to strengthen the musculoskeletal system to prevent injuries. Be sure to include strengthening sessions alongside your running training. Above all, you should regularly complete core strength training for an upright and evenly balanced running style and additional training for leg axis stability.</p> | | |

| GUIDE | | 10KM FINISHER | 10KM IN 60 MINUTES | 10KM IN 45 MINUTES |
|-------|----------------------|--|---------------------|---------------------|
| ER s | Endurance run slow | Corresponding to green zone. Able to speak continuously without difficulty. | | |
| | Pace | Pace: ~ 7:00 – 8:00 | Pace: ~ 6:30 – 7:30 | Pace: ~ 5:15 – 6:30 |
| ER m | Endurance run medium | Corresponding to yellow zone. Able to speak a few sentences in one go. | | |
| | Pace | Pace: ~ 6:00 – 7:00 | Pace: ~ 5:30 – 6:30 | Pace: ~ 4:30 – 5:15 |
| ER f | Endurance run fast | Corresponding to red zone. Speaking complete sentences is almost impossible. | | |
| | Pace | Pace: ~ 5:30 – 6:00 | Pace: ~ 5:00 – 5:30 | Pace: ~ 4:00 – 4:30 |
| 6:15 | Pace | For example, a pace of 6:15 means you run one kilometre in 6 minutes and 15 seconds. | | |
| 45` | Time indication | Run for 45 minutes in the intensity range indicated by the colour. | | |
| 10x | Reps | number of repetitions per sequence | | |
| LR | Long run | Long run. | | |
| WU | Warm-up | In the green zone. | | |
| WD | Warm-down | In the green zone. | | |
| JB | Jog break | In the green zone. | | |
| FL | Fartlek | A fartlek "speed play" is irregular interval training. During the specified time, combine fast and slow sections as desired. The shorter the section chosen, the faster it can be run. The intensity varies from green to red. | | |
| AS | Alternative sports | Any sport you like to offset training. Endurance sports such as cycling, biking, inline, swimming, hiking, etc. are recommended. | | |
| F | Footing | Very slow jogging in the green zone | | |

READING EXAMPLES

| ER s 60' | WU 15' / 3x 3km, JB 5' / WD 15' | WU 15' / FL 45' / WD 15' | LR: ER s 40', ER m 30' |
|---|--|---|---|
| - 60-minute endurance run in the green zone | - 15-minute warm-up - Run 3km x 3 times in a row in the yellow zone. Jog lightly for 5 minutes in between intervals. - 15-minute warm-down | - 15-minute warm-up - Immediately tack on 45 minutes of fartlek - 15-minute warm-down | Long run consisting of: - 40 minutes in the green zone (ER l) then 30 minutes immediately afterwards in the yellow zone (ER m). |

PACE CALCULATION

In order for you to get an idea of how fast the pace guidelines are for you personally, complete a 10km run as fast as you can or estimate how long it currently takes you to run 10km. As an example, let's say 50 minutes for 10km, which corresponds to a pace of 5 minutes per kilometre.

| Pace | Calculation | Sample | Sample pace |
|--------------|-------------|-----------------|---------------|
| Regenerative | + 35-50% | 5 mins + 35-50% | = 6:45 – 7:30 |
| Slow | + 25-40% | 5 mins + 25-40% | = 6:15 – 7:00 |
| Medium | + 10-25% | 5 Min + 10-25% | = 5:30 – 6:15 |
| Fast | + 0-10% | 5 Min + 0-10% | = 5:00 – 5:30 |

WEEK 1 - 2

| WEEK 1 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|-----------------------------|--|--|--|
| MONDAY 06.01.2025 | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 60' | ER s 60' |
| WEDNSDAY | Kick-off event OCHSNER SPORT at Europaallee | Kick-off event OCHSNER SPORT at Europaallee | Kick-off event OCHSNER SPORT at Europaallee |
| THURSDAY | ER s 60' | ER s 60' | ER s 60' |
| FRIDAY | | | |
| SATURDAY | | | AS |
| SUNDAY | AS | AS | ER s 60' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

| WEEK 2 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|--|--|--|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 45' | ER s 60' | ER s 60' |
| WEDNSDAY | | | |
| THURSDAY | ER m 45' | ER m 45' | ER m 60' |
| FRIDAY | | | |
| SATURDAY | | | AS |
| SUNDAY | ER s 60' | ER s 60' | ER s 70' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

WEEK 3 - 4

| WEEK 3 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 60' | ER s 60' |
| WEDNSDAY | | | |
| THURSDAY | WU 10' / ER f 20' / WD 10' | WU 10' / ER f 20' / WD 10' | WU 15' / ER f 20' / WD 15' |
| FRIDAY | | | |
| SATURDAY | | ER s 45' | ER s 60' |
| SUNDAY | ER s 70' | ER s 70' | ER s 80' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

| WEEK 4 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 60' | ER s 60' |
| WEDNSDAY | | | |
| THURSDAY | ER s 60' | ER s 60' | ER s 60' |
| FRIDAY | | | |
| SATURDAY | | | AS |
| SUNDAY | AS | AS | LR 90' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

WEEK 5 - 6

| WEEK 5 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 60' | ER s 75' |
| WEDNSDAY | | | |
| THURSDAY | ER m 45' | ER m 60' | ER m 60' |
| FRIDAY | | | |
| SATURDAY | | | AS |
| SUNDAY | ER s 80' | ER s 80' | LR: ER s 60', ER m 40' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

| WEEK 6 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 75' | ER s 75' |
| WEDNSDAY | | | |
| THURSDAY | ER s 60' | ER s 75' | ER s 15', ER m 45' |
| FRIDAY | | | |
| SATURDAY | | ER s 45' | ER s 60' |
| SUNDAY | LR 90' | LR: ER s 50', ER m 40' | LR: ER s 60', ER m 50' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

WEEK 7 - 8

*REGISTRATION AT
OCHSNERSPORT.CH/ZURICHMARATHON

| WEEK 7 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|--|--|--|--|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 60' | ER s 60' |
| WEDNSDAY | | | |
| THURSDAY 13.02.2025 <i>(REGISTRATION REQUIRED!)*</i> | Official OCHSNER SPORT preparation training Europaallee WU 10' / 20' Kenyan Fartlek / WD 10' | Official OCHSNER SPORT preparation training Europaallee WU 10' / 20' Kenyan Fartlek / WD 10' | Official OCHSNER SPORT preparation training Europaallee WU 10' / 20' Kenyan Fartlek / WD 10' |
| FRIDAY | | | |
| SATURDAY | | | AS |
| SUNDAY | AS | AS | LR: ER s 60', ER m 60' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

| WEEK 8 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|--|--|--|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 75' | ER s 60' |
| WEDNSDAY | | | |
| THURSDAY | WU 10' / 4x 10', JB 2' / WD 10' | ER slow 15', ER m 60' | ER slow 15', ER m 60' |
| FRIDAY | | | |
| SATURDAY | | ER s 45' | ER s 60' |
| SUNDAY | LR 100' | LR: ER s 60', ER m 40' | LR: ER s 60', ER m 60' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

WEEK 9 - 10

| WEEK 9 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 60' | ER m 45' |
| WEDNSDAY | | | ER s 60' |
| THURSDAY | WU 10' / FL 30' / WD 10' | WU 15' / 3x 10', JB 2' / WD 15' | WU 15' / ER f 30' / WD 15' |
| FRIDAY | | | |
| SATURDAY | | ER s 60' | ER s 60' |
| SUNDAY | LR 110' | LR: ER s 60', ER m 50' | LR: ER s 50', ER m 70' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

| WEEK 10 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 60' | ER s 60' |
| WEDNSDAY | | | |
| THURSDAY | WU 10' / 3x 2km, JB 5' / WD 10' | WU 10' / 3x 3km, JB 2' / WD 10' | WU10' / 4x 3km, JB 2' / WD 10' |
| FRIDAY | | | |
| SATURDAY | | | ER s 60' |
| SUNDAY | LR 120' | LR: ER s 60', ER m 60' | LR: ER s 50', ER m 60' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

WEEK 11 - 12

*REGISTRATION AT
OCHSNERSPORT.CH/ZURICHMARATHON

| WEEK 11 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|--|--|--|--|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 75' | ER s 60' |
| WEDNESDAY | | | ER s 75' |
| THURSDAY 13.03.2025 <i>(REGISTRATION REQUIRED!)*</i> | Official OCHSNER SPORT preparation training Europaallee WU 10' / 48' negative second split run / WD 10' | Official OCHSNER SPORT preparation training Europaallee WU 10' / 48' negative second split run / WD 10' | Official OCHSNER SPORT preparation training Europaallee WU 10' / 48' negative second split run / WD 10' |
| FRIDAY | | | |
| SATURDAY | | ER s 45' | ER s 60' |
| SUNDAY | LR 130' | LR: ER s 60', ER m 70' | LR: ER s 40', ER m 60' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

| WEEK 12 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 60' | ER s 60' | ER s 60' |
| WEDNESDAY | | | |
| THURSDAY | E10' / 4x 10', TP 2' / A10' | ER s 15', ER m 60' | ER s 15', ER m 60' |
| FRIDAY | | | |
| SATURDAY | | ER s 45' | ER s 60' |
| SUNDAY | LR 140' | LR: ER s 50', ER m 80' | LR: ER s 40', ER m 70' |
| MISCELLANEOUS | 2x core strength/week | 2x core strength/week | 3x core strength/week |

WEEK 13 - 14

*REGISTRATION AT
 OCHSNERSPORT.CH/ZURICHMARATHON
 (FROM THE END OF MARCH 2025)

| WEEK 13 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|----------------------|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | ER s 45' | ER s 45' | ER s 45' |
| WEDNSDAY | | | |
| THURSDAY | ER s 45' | ER m 45' | ER m 45' |
| FRIDAY | | | |
| SATURDAY | | | |
| SUNDAY | ER s 60' | ER s 60' | ER s 60' |
| MISCELLANEOUS | | | |

| WEEK 14 | HALF-MARATHON FINISHER | HALF-MARATHON IN 2H | HALF-MARATHON IN 1H45 |
|---|---|---|---|
| MONDAY | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> | OCHSNER SPORT Runday Monday Training or on Tuesday -> |
| TUESDAY | WU 15' / 20' half-marathon pace / WD 15' | WU 15' / 20' half-marathon pace / WD 15' | WU 15' / 20' half-marathon pace / WD 15' |
| WEDNSDAY | | | |
| THURSDAY | | | |
| FRIDAY | Footing 20' or | Footing 20' or | Footing 20' or |
| SATURDAY <i>(REGISTRATION REQUIRED!)*</i> | Shake-out Run meeting point 12:00 at Europaallee | Shake-out Run meeting point 12:00 at Europaallee | Shake-out Run meeting point 12:00 at Europaallee |
| SUNDAY | OCHSNER SPORT Zurich-Marathon 21.1km | OCHSNER SPORT Zurich-Marathon 21.1km | OCHSNER SPORT Zurich-Marathon 21.1km |
| MISCELLANEOUS | | | |

NOT IN THE MOOD TO TRAIN ALONE?

RUN

RUNDAY MONDAYS
(EVERY MONDAYS)

WITH

ON COMMUNITY RUNS
(EVERY WEDNSDAYS)

US.

