

Rajkot Night Half Marathon 2.0

| For Half Marathon | | |
|-------------------|---------------|--|
| 6-Oct | Sunday | 10 KM Easy Run |
| 7-Oct | Monday | Rest Day |
| 8-Oct | Tuesday | 60 Minutes easy run |
| 9-Oct | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 6 repeats • Cool down, 5 to 10 minutes. |
| 10-Oct | Thursday | Strength Session |
| 11-Oct | Friday | 7 KM Easy Run |
| 12-Oct | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 13-Oct | Sunday | 10 KM Easy Run |
| 14-Oct | Monday | Rest Day |
| 15-Oct | Tuesday | 60 Minutes easy run |
| 16-Oct | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 200 meters strides with 2 Minutes of Rest in between, 6 repeats • Cool down, 5 to 10 minutes. |
| 17-Oct | Thursday | Strength Session |
| 18-Oct | Friday | 7 KM Easy Run |
| 19-Oct | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 20-Oct | Sunday | 10 KM Easy Run |
| 21-Oct | Monday | Rest Day |
| 22-Oct | Tuesday | 60 Minutes easy run |
| 23-Oct | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 200 meters strides with 2 Minutes of Rest in between, 6 repeats • Cool down, 5 to 10 minutes. |
| 24-Oct | Thursday | Strength Session |
| 25-Oct | Friday | 7 KM Easy Run |
| 26-Oct | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 27-Oct | Sunday | 10 KM Easy Run |
| 28-Oct | Monday | Rest Day |
| 29-Oct | Tuesday | 60 Minutes easy run |
| 30-Oct | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 6 repeats • Cool down, 5 to 10 minutes. |
| 31-Oct | Thursday | Strength Session |

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| For Half Marathon | | |
|-------------------|-----------|---|
| 1-Nov | Friday | 8 KM Easy Run |
| 2-Nov | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 3-Nov | Sunday | 12 KM Easy Run |
| 4-Nov | Monday | Rest Day |
| 5-Nov | Tuesday | 70 Minutes easy run |
| 6-Nov | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats, Followed by Cool down for 5 to 10 minutes. |
| 7-Nov | Thursday | Strength Session |
| 8-Nov | Friday | 8 KM Easy Run |
| 9-Nov | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 10-Nov | Sunday | 14 KM Easy Run |
| 11-Nov | Monday | Rest Day |
| 12-Nov | Tuesday | 80 Minutes easy run |
| 13-Nov | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 400 meters strides with 4 Minutes of Rest in between, 3 repeats, Followed by Cool down for 5 to 10 minutes. |
| 14-Nov | Thursday | Strength Session |
| 15-Nov | Friday | 8 KM Easy Run |
| 16-Nov | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 17-Nov | Sunday | 16 KM Easy Run |
| 18-Nov | Monday | Rest Day |
| 19-Nov | Tuesday | 80 Minutes easy run |
| 20-Nov | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 200 meters strides with 2 Minutes of Rest in between, 5 repeats, Followed by Cool down for 5 to 10 minutes. |
| 21-Nov | Thursday | Strength Session |
| 22-Nov | Friday | 8 KM Easy Run |
| 23-Nov | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 24-Nov | Sunday | 12 KM Easy Run |
| 25-Nov | Monday | Rest Day |
| 26-Nov | Tuesday | 70 Minutes easy run |
| 27-Nov | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats, Followed by Cool down for 5 to 10 minutes. |
| 28-Nov | Thursday | Strength Session |
| 29-Nov | Friday | 8 KM Easy Run |
| 30-Nov | Saturday | Cross Training e.g. Cycling, Swimming, Yog |

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| For Half Marathon | | |
|-------------------|-----------|---|
| 1-Dec | Sunday | 14 KM Easy Run |
| 2-Dec | Monday | Rest Day |
| 3-Dec | Tuesday | 80 Minutes easy run |
| 4-Dec | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 400 meters strides with 4 Minutes of Rest in between, 3 repeats, Followed By Cool down 5 to 10 minutes. |
| 5-Dec | Thursday | Strength Session |
| 6-Dec | Friday | 7 KM Easy Run |
| 7-Dec | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 8-Dec | Sunday | 12 KM Easy Run |
| 9-Dec | Monday | Rest Day |
| 10-Dec | Tuesday | 70 Minutes easy run |
| 11-Dec | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 200 meters strides with 2 Minutes of Rest in between, 5 repeats • Cool down, 5 to 10 minutes. |
| 12-Dec | Thursday | Strength Session |
| 13-Dec | Friday | 7 KM Easy Run |
| 14-Dec | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 15-Dec | Sunday | 10 KM Easy Run |
| 16-Dec | Monday | Rest Day |
| 17-Dec | Tuesday | 60 Minutes easy run |
| 18-Dec | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats • Cool down, 5 to 10 minutes. |
| 19-Dec | Thursday | Strength Session |
| 20-Dec | Friday | 7 KM Easy Run |
| 21-Dec | Saturday | Cross Training e.g. Cycling, Swimming, Yog |
| 22-Dec | Sunday | 10 KM Easy Run |
| 23-Dec | Monday | Rest Day |
| 24-Dec | Tuesday | 60 Minutes easy run |
| 25-Dec | Wednesday | <ul style="list-style-type: none"> • Warm up, 5 KM. • Run 100 meters strides with 2 Minutes of Rest in between, 5 repeats • Cool down, 5 to 10 minutes. |
| 26-Dec | Thursday | 60 Minutes easy run |
| 27-Dec | Friday | Rest Day |
| 28-Dec | Saturday | Race Day |

[#PlanByCoachJigs@EndurunFit](#)