

Race & strength dashboard

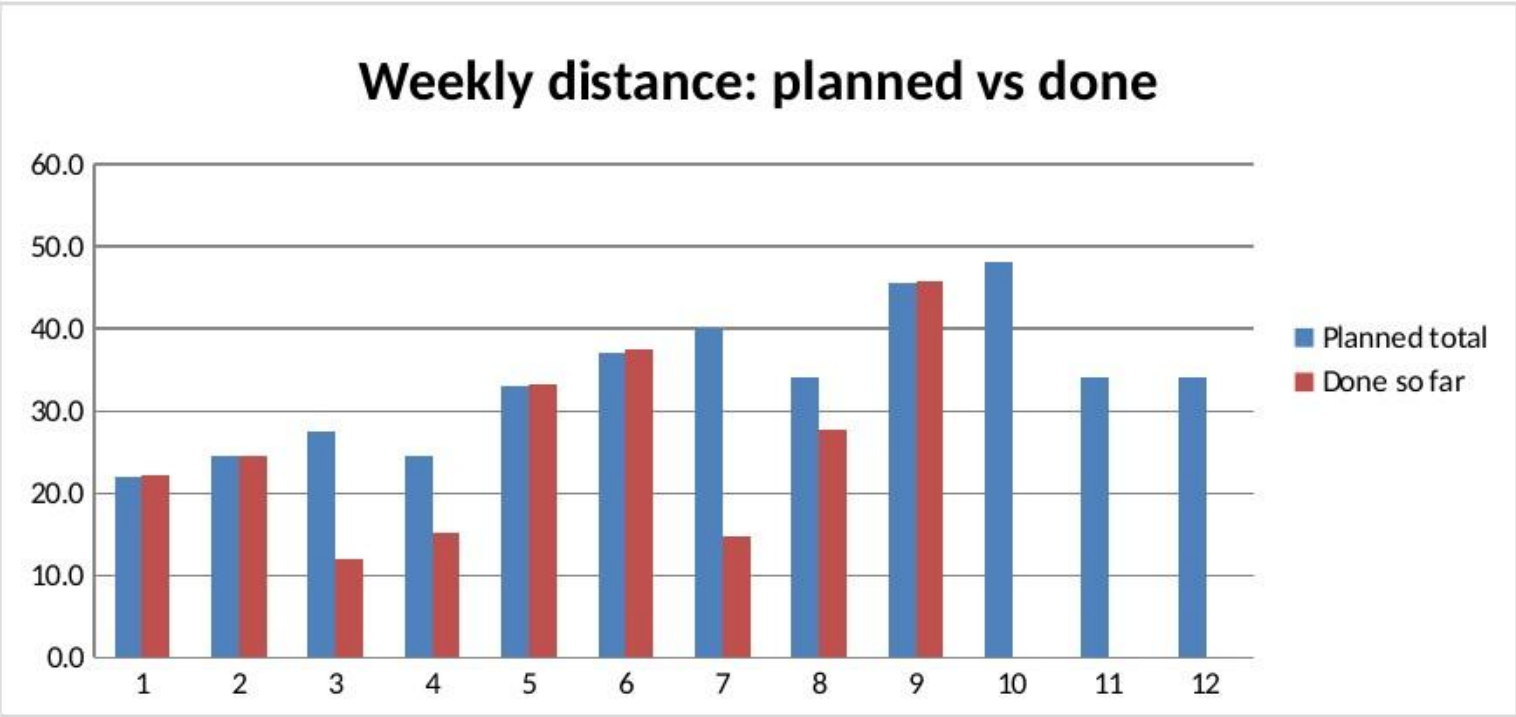
Half marathon on Oct 25, 2026

Days to race
Plan done so far (% of planned distance)
Runs logged
Total distance
Longest run
Best pace (min per unit)
Lifts logged
Lift PRs

14
69
30
232.9
18.0
5:45
54
39

Best estimated 1RM

Lift	Best weight	Best est. 1RM
Back squat	75	87.5
Bench press	50	58.3
Barbell row	47.5	55.4
Overhead press	28.75	32.6
Deadlift	75	87.5



Run plan

Half marathon • race on Sun Oct 25, 2026 • distances in km

Week	Starts (Mon)	Phase	Run 1 (Tue)	Run 2 (Thu)	Run 3 (Sat)	Long run (Sun)	Planned total	Done so far	% done
1	Aug 3	Base	4.0	6.0	4.0	8.0	22.0	22.2	101
2	Aug 10	Base	4.5	6.5	4.5	9.0	24.5	24.6	100
3	Aug 17	Base	5.0	7.0	5.0	10.5	27.5	12.0	44
4	Aug 24	Cutback	4.5	6.0	4.5	9.5	24.5	15.1	62
5	Aug 31	Build	6.0	8.0	6.0	13.0	33.0	33.2	101
6	Sep 7	Build	7.0	9.0	7.0	14.0	37.0	37.5	101
7	Sep 14	Build	7.5	9.5	7.5	15.5	40.0	14.8	37
8	Sep 21	Cutback	6.5	8.0	6.5	13.0	34.0	27.7	81
9	Sep 28	Build	8.5	10.5	8.5	18.0	45.5	45.8	101
10	Oct 5	Build	9.0	11.0	9.0	19.0	48.0	0.0	0
11	Oct 12	Taper	6.5	7.5	6.5	13.5	34.0	0.0	
12	Oct 19	Race week	4.0	5.0	4.0	21.1	34.1	0.0	

Race week: your long-run slot is the race itself (Half marathon). Easy runs stay easy: you should be able to talk.

Strength plan (working weights by week)

Type your starting weight (yellow) in kg. Each week adds the amount in column F. If you miss reps, repeat the weight.

5x5 (two workouts A / B, alternate 3 days a week)

Day	Lift	Sets x reps	Start	+ per week	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
					Aug 3	Aug 10	Aug 17	Aug 24	Aug 31	Sep 7	Sep 14	Sep 21	Sep 28	Oct 5	Oct 12	Oct 19
Workout A	Back squat	5 x 5	40	5	40	45	50	55	60	65	70	75	80	85	90	95
Workout A	Bench press	5 x 5	30	2.5	30	32.5	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5
Workout A	Barbell row	5 x 5	30	2.5	30	32.5	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5
Workout B	Back squat	5 x 5	40	5	40	45	50	55	60	65	70	75	80	85	90	95
Workout B	Overhead press	5 x 5	20	1.25	20	21.25	22.5	23.75	25	26.25	27.5	28.75	30	31.25	32.5	33.75
Workout B	Deadlift	1 x 5	50	5	50	55	60	65	70	75	80	85	90	95	100	105

Push-pull-legs (one session each per week, 3 days)

Day	Lift	Sets x reps	Start	+ per week	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
					Aug 3	Aug 10	Aug 17	Aug 24	Aug 31	Sep 7	Sep 14	Sep 21	Sep 28	Oct 5	Oct 12	Oct 19
Push	Bench press	4 x 6-8	30	1.25	30	31.25	32.5	33.75	35	36.25	37.5	38.75	40	41.25	42.5	43.75
Push	Overhead press	3 x 8	20	1.25	20	21.25	22.5	23.75	25	26.25	27.5	28.75	30	31.25	32.5	33.75
Push	Triceps pushdown	3 x 10-12	20	1.25	20	21.25	22.5	23.75	25	26.25	27.5	28.75	30	31.25	32.5	33.75
Pull	Barbell row	4 x 6-8	30	1.25	30	31.25	32.5	33.75	35	36.25	37.5	38.75	40	41.25	42.5	43.75
Pull	Lat pulldown	3 x 8-10	35	2.5	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	60	62.5
Pull	Barbell curl	3 x 10	15	1.25	15	16.25	17.5	18.75	20	21.25	22.5	23.75	25	26.25	27.5	28.75
Legs	Back squat	4 x 6-8	40	2.5	40	42.5	45	47.5	50	52.5	55	57.5	60	62.5	65	67.5
Legs	Romanian deadlift	3 x 8	40	2.5	40	42.5	45	47.5	50	52.5	55	57.5	60	62.5	65	67.5
Legs	Calf raise	3 x 12	40	2.5	40	42.5	45	47.5	50	52.5	55	57.5	60	62.5	65	67.5