

2010 Old Mutual Om die Dam 21 km schedule

PLEASE READ OUR DISCLAIMER AT THE END OF THIS TRAINING PROGRAMME

The programme commences 1 December 2009 and ending on Saturday 20 March 2010

[The 2010 Om Die Dam programme utilizes the core of the programme produced by the late Virtual Coach- Dave Spence who passed in January 2010 with minor modification by Norrie Williamson]

The aim of this page is to provide an insight into a 16-week endurance training programme for an athlete competing in the 2010 Old Mutual Om Die Dam half marathon. It should be noted that this programme also needs to be supported by general and specific strength training, mobility and psychology programmes.

Prior to starting any training it is recommended that you have a medical examination to ensure it is safe for you to do so. Any application of the following training programme is at the athlete's own discretion and risk.

Here is your training schedule. The below chart tells you what to do for each day for the 16 weeks leading to the Half Marathon. Starting on 1 December 2009 and ending on the 20 March 2010 for the Om Die Dam half marathon.

Half Marathon Training Programme

Week	Week ending	Total km (s)	Sunday L	Monday E or T	Tuesday H	Wednesday E	Thursday F	Friday R	Saturday P or R
1	5 Dec	54	12	2 * 5	4 H	10	4	Rest	10 P
2	12 Dec	54	13	2 * 5	4 H	10	30 min F	Rest	10 P
3	19 Dec	54	13	2 * 5	5 H	10	30 min F	Rest	10 R
4	26 Dec	55	14	2 * 5	5 H	10	30 min F	Rest	10 P
5	2 Jan	52	14	7	5 H	10	30 min F	Rest	10 R
6	9 Jan	62	15	7	5 H	11	30 min F	2 * 4	10 P
7	16 Jan	54	15	2 * 4	5 H	10	30 min F	Rest	10 R
8	23 Jan	59	16	2 * 4	5 H	8	30 min F	6 E	10 P
9	30 Jan	59	18	2 * 4	5 H	11	30 min F	5	10 P
10	6 Feb	62	15	2 * 4	5 H	10	30 min F	3	10 R
11	13 Feb	69	10	2 * 5	5 H	12	30 min F	5 & 3	18 E
12	20 Feb	47	8 & 6	5	4 H	10	30 min F	3 & 5	Rest
13	27 Feb	51	15 R	6	5 H	11	30 min F	2 * 4	Rest
14	6 Mar	58	22	Rest	5 H	11	30 min F	2 * 4	8 P
15	13 Mar	45	20	5	4 H	8	3	Rest	5 P
16	20 Mar	42	8	Rest	5 H	5	Rest	3 Jog	RACE

Key: E - easy F - Fartlek T - Tempo H - Include hills R - Time Trial or Race P - Pace

Note:

2 * 4 means two 4 km runs at tempo pace with a 5 min jog in between and 8 & 5 means a 8 km and a 5 km run, one in the morning and one in the evening.

Fartlek means 3 min hard pace (faster than tempo pace) 2 min jog x 6 to give you 30 mins.

Hills

4 H means 4km of hills – if your hill is 250 metres long, 1 hard up and a jog back down would be 500 metres so you would therefore do 8 hill repeats (4000 metres divided by 500).

Morning Runs

If you wish to train twice a day add 30 min easy in the morning from Tues-Fri

Easy Runs

The runs of 10 – 12 km on Wednesdays are designed to be done at a comfortable pace. If you can't carry on a conversation with your training partner, you're running too fast. For those who use heart monitors to measure their level of exertion, you would be running between 65 to 75 percent of maximum.

Rest

Rest is an important part of your training.

Tempo Runs

A tempo run is a continuous run with a build up in the middle to near 10-K race pace. A tempo run of 30 to 40 minutes would begin with 10-15 minutes easy running, build to 10-20 minutes near the middle, then 5-10 minutes easy toward the end. The pace build up should be gradual, not sudden, with peak speed coming about two-thirds into the workout. (You don't need to maintain peak speed for more than a few minutes toward the middle of the workout.) You can do tempo runs almost anywhere: on the road, on trails or even on a track.

Race Pace

Most of the Saturday runs are done at race pace. What do I mean by "race pace? Let me explain. Race pace is the pace you plan to run in the race you're training for. If you're training for a 90 minute half marathon (21.1km), your average pace per kilometre is about 3 min 45 seconds. So you would run that same pace when asked to run race pace in this programme (sometimes stated simply as "pace" - P).

Similarly a runner targeting 2 hours for the half marathon would run at 5:40 per km. Don't forget to take the first one or two kilometres to warm into this pace, and allow the last km to be a gradual drop off in pace.

Important Notice: Exclusion of Liability

The training programme displayed on this website has been prepared by the virtual coach for athletes who have been cleared by their doctors to follow this training programme. You are advised to obtain professional medical advice and clearance from you doctor, before embarking on any training programme. If you embark on or use this training programme, you do so entirely at your own risk. The organisers and main sponsor of the Old Mutual Om Die Dam Marathon, the virtual coach and the owner of this website accept no liability of whatever nature arising from your use of or reliance on the training programme displayed on the website.