

TWO OCEANS HALF MARATHON 2012

NOVICE SCHEDULE OCTOBER TO JANUARY 2012

Friday	11-Nov	Rest
Saturday	12-Nov	60 min easy with walks every 10 min
Sunday	13-Nov	50 min long train pace with 1 min walks where required
Monday	14-Nov	Rest
Tuesday	15-Nov	30 mins on hillier course - if steep hill walk 1 min when over the top of the hill if needed
Wednesday	16-Nov	50 min long train pace with 1 min walks where required on flat course
Thursday	17-Nov	run easy for total 35-40 min - do 4 min run 30 second faster run walk 1 minute repeat 5 times and finish with 6 minute easy run
Friday	18-Nov	Rest
Saturday	19-Nov	easy 20-30 mins with 2-3 run through of 60-80 metres with walk back recovery
Sunday	20-Nov	5km fun run (or 10km with first 5km very easy then 1 min walk then last 5km as a race)
Monday	21-Nov	Rest

Tuesday	22-Nov	easy run 10 min (then run faster for 45 seconds walk 90 seconds) x 5 then run easy 5 min and repeat again finish with 10 min easy
Wednesday	23-Nov	easy 40-50 mins
Thursday	24-Nov	easy 30 mins run on grass
Friday	25-Nov	Rest
Saturday	26-Nov	easy 35 mins
Sunday	27-Nov	70-90 mins long run pace with 1 min walks where required (try for 90 minutes but don't get exhausted - learn to drink regularly during the walks)
Monday	28-Nov	Rest
Tuesday	29-Nov	30 mins on hillier course - if steep hill walk 1 min when over the top of the hill if needed
Wednesday	30-Nov	easy 40-50 mins early morning
Thursday	01-Dec	easy 30 mins run on grass
Friday	02-Dec	Rest
Saturday	03-Dec	easy 20-30 mins with 2-3 run through of 60-80 metres with walk back recovery
Sunday	04-Dec	10km race for the distance split into 4km easy, then 2 min walk then 3km 10 sec per km faster, then 2 min walk - then run as you feel to finish

Monday	05-Dec	rest
Tuesday	06-Dec	run 30 -40 minutes on a hillier course try to run up the hills and take 30 sec to 1 minute recovery walks once over the top
Wednesday	07-Dec	run easy for total 35-40 min - do 4 min run 30 second faster run walk 1 minute repeat 5 times and finish with 6 minute easy run
Thursday	08-Dec	40-50 minutes easy running
Friday	09-Dec	rest
Saturday	10-Dec	run 60-80 minutes on flat course mix in 1 minute walks when necessary
Sunday	11-Dec	30 minutes easy running
Monday	12-Dec	Rest