

TWO OCEANS HALF MARATHON 2012

NOVICE SCHEDULE

Monday	12-Dec	Rest
Tuesday	13-Dec	easy 30 minutes running try to minimise any walking
Wednesday	14-Dec	run and walk for 50 minutes
Thursday	15-Dec	run 5-10 minutes (run 2 minutes at faster than normal (NOT Hard) walk 30 seconds) - repeat 10 times finish with 5 minutes easier running
Friday	16-Dec	Rest
Saturday	17-Dec	run for as long as you can at a slow easy pace - as a guide you should be able to hum a song at all times - have a 5 minute walk and do another session for as long as you can - the total time of two sessions should not exceed 90 minutes
Sunday	18-Dec	run easy for 30- 35 minutes
Monday	19-Dec	Rest
Tuesday	20-Dec	run 20-30 mins easy
Wednesday	21-Dec	run 5 -10mins then walk 1 minutes then (run 30 seconds faster, run easy 4 minutes) repeat 5 times, finish with 5 minutes easy running
Thursday	22-Dec	Run and Walk 8-10km - commence with 5 min easy as warm up then 10km - mix run and walking as you feel necessary may be run 8 min walk 1 min the whole way?
Friday	23-Dec	rest
Saturday	24-Dec	easy 30 minutes running try to minimise any walking
Sunday	25-Dec	5-10 minutes run then (run 1 minute faster walk 2 minutes) x 8-10 times then finish with 5 min easy running - early morning session to enjoy your day
Monday	26-Dec	Rest
Tuesday	27-Dec	Run easy 20- 30 mins

Wednesday	28-Dec	run easy 30 min with 5 x 30 second pick up in pace with 4 min easy jog between
Thursday	29-Dec	rest
Friday	30-Dec	30-40 min easy run
Saturday	31-Dec	easy 60 mins on grass / off road - run and walk as you feel
Sunday	01-Jan	Rest - Happy 2012
Monday	02-Jan	50-80 min run and walk easy (try 4 min run 1 min walk) as you feel able
Tuesday	03-Jan	easy 15 min run then 3 x 35 seconds running hard (er) uphill with walk back down and 15 second rest between then run / run 10 to 15 min easy
Wednesday	04-Jan	easy 35 mins
Thursday	05-Jan	easy 25 min with 3 x 30 second pick up in pace with 6 min easy between
Friday	06-Jan	rest
Saturday	07-Jan	easy 60-90 mins run and walk as you feel (try run 7 min 1 min walk)