

## TWO OCEANS HALF MARATHON 2012

### NOVICE SCHEDULE OCTOBER TO JANUARY 2012

Friday	21-Oct	Walk 5 mins then 20 minutes run mixing walking as you need finish with walk 5mins
Saturday	22-Oct	Rest
Sunday	23-Oct	Walk 5 mins then run 30-40 minutes mixing walking as you need finish with walk 5 mins
Monday	24-Oct	Rest
Tuesday	25-Oct	Walk 5 mins then (run 1 minute, walk 1 mins) repeat 10 times, walk 5 mins
Wednesday	26-Oct	Rest
Thursday	27-Oct	Walk 5 mins then (run 2 minutes 30 second walk) repeat 10 times, walk 5 mins
Friday	28-Oct	rest
Saturday	29-Oct	run for 50-60 minutes using walks when you need but keep walks to 30 seconds to 1 minute in length
Sunday	30-Oct	Walk 5 mins then (run 4 minutes, walk 1 mins) repeat 6 times, walk 5mins
Monday	31-Oct	Rest
Tuesday	01-Nov	run 40 minutes - use 1 minute walks when required
Wednesday	02-Nov	easy run 5 mins then (run 2 minutes 1 minute walk ) repeat 10 times, run slow and easy 5 mins to finish
Thursday	03-Nov	rest
Friday	04-Nov	easy 30 mins run on grass

Saturday	05-Nov	rest
Sunday	06-Nov	60 -80 minutes run and walk when required (try for full 80 mins but don't get to exhausted state)
Monday	07-Nov	Rest
Tuesday	08-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	09-Nov	50 min long train pace with 1 min walks where required
Thursday	10-Nov	run easy for 10 min - then at gentle hill 100m long- run up hill at faster pace, focus on driving legs back - when over hill top walk back and go again - do 4-6 then run easy 5-10 min
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