

TWO OCEANS HALF MARATHON 2012

NOVICE SCHEDULE

Monday	03-Oct	Rest
Tuesday	04-Oct	Walk 5mins, then (Run 30 secs, walk 2 mins) repeat 6 times, walk 5 mins
Wednesday	05-Oct	Rest
Thursday	06-Oct	Walk 30 mins
Friday	07-Oct	Rest
Saturday	08-Oct	Walk 5 mins then (run 30 seconds, walk 1 mins) repeat 8-10 times., walk 5 mins
Sunday	09-Oct	Walk 40 minutes
Monday	10-Oct	Rest
Tuesday	11-Oct	Walk 5 mins then (run 1 minute, walk 2 mins) repeat 7 times, walk 5 mins
Wednesday	12-Oct	Rest
Thursday	13-Oct	Walk 5 mins then (run 1 minute , walk 2 mins) repeat 8 times, walk 5 mins.
Friday	14-Oct	Rest
Saturday	15-Oct	Walk 5 mins then (run 1 minute, walk 2 mins) repeat 10 times, walk 5 mins.
Sunday	16-Oct	walk 40 minutes birsk speed
Monday	17-Oct	Walk 5 mins then (run 30 seconds, slower run 3 mins) repeat 5 times, walk 5 mins.
Tuesday	18-Oct	Rest
Wednesday	19-Oct	Walk 5 mins then (run 2 mins, walk 3 mins) repeat 5 times, walk 5mins
Thursday	20-Oct	Rest
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