

TWO OCEANS HALF MARATHON

SUB 90 MINUTES

OCTOBER TO JANUARY 2012

Friday	11-Nov	Rest
Saturday	12-Nov	5-6 x 800m @5km race pace with 3 minutes recovery
Sunday	13-Nov	90-100 min @ Long training pace with 1 minute walk every 25 min
Monday	14-Nov	Rest
Tuesday	15-Nov	Hi Octane session alternate 100/200 in prescribed time - do 2 set of 8 of each with 1 minute rec between set
Wednesday	16-Nov	60 minutes easy - but with 10 minutes @ 21km race pace in the last 20 minutes
Thursday	17-Nov	6 x 500 @ 5km pace with 90 sec recovery
Friday	18-Nov	Rest
Saturday	19-Nov	4-5 x800 @ 5km pace with 2 min recovery
Sunday	20-Nov	90-100 min @ Long training pace with 1 minute walk every 25 min
Monday	21-Nov	Rest

Tuesday	22-Nov	2 set x 5 x 300m @ 5km pace with 75-90 sec rec and 3 min between set
Wednesday	23-Nov	60 min easy pace
Thursday	24-Nov	Easy 40-45mins with 3 x 45 second pick up in pace with 5 min easy between
Friday	25-Nov	Rest
Saturday	26-Nov	Easy 20-30 mins with 2-3 run through of 60-80 metres with walk back recovery
Sunday	27-Nov	15km race - run in 3 sections of 5km - first 5km @ 21km target pace plus 10 seconds walk 45-60 seconds next 5km @ 21km pace and 45-60 second walk - then final 5km as you feel getting stronger to finish
Monday	28-Nov	Rest
Tuesday	29-Nov	40-45 min long training pace
Wednesday	30-Nov	60 min easy pace
Thursday	01-Dec	3-4 x 800@ 5km pace with 90 sec rec
Friday	02-Dec	Rest
Saturday	03-Dec	3 x 3 x 300 @ 3km pace with 90 sec rec and 3 min between set
Sunday	04-Dec	Easy 60-80 mins off road

Monday	05-Dec	Rest
Tuesday	06-Dec	Hills 4 x 4 x 35 sec with jog back down and 3 min between set
Wednesday	07-Dec	Easy 70 mins @ easy pace
Thursday	08-Dec	Easy 40 mins @ long training pace
Friday	09-Dec	Easy 45 mins
Saturday	10-Dec	20 mins long training pace then 2 km @ 10km pace then 10 min easy pace then 2km @ 10km pace then 10 min easy pace then 2km @ 10km pace then 15 min long training pace
Sunday	11-Dec	90-100 min @ Long training pace with 1 minute walk every 30 min
Monday	12-Dec	Rest