

TWO OCEANS HALF MARATHON

SUB 90 MINUTES

Monday	12-Dec	Rest
Tuesday	13-Dec	Hills 4 x 4 x 35 sec with Jog back down and 3 min between set
Wednesday	14-Dec	Easy 70 mins @ easy pace
Thursday	15-Dec	3 x 3 x 300 @ 3km pace with 90 sec rec and 3 min between set
Friday	16-Dec	Easy 40 mins @ long training pace
Saturday	17-Dec	20 min @long run pace, then 6km @ 21km Target pace then 10 min easy pace, then 1km @ 10km pace then 15 min long run pace.
Sunday	18-Dec	Hills 3 x 5 x 35 sec with jog back rec and 4 min between sets
Monday	19-Dec	Rest
Tuesday	20-Dec	4 x 800@ 5km pace with 90 sec rec
Wednesday	21-Dec	Easy 60 mins off road
Thursday	22-Dec	2 set x 4 x 400m @ 10km pace with 90 sec rec and 3 min between set
Friday	23-Dec	50-60 min easy pace
Saturday	24-Dec	35 minutes easy pace
Sunday	25-Dec	Easy 20 mins then 3km @ 21k Race Pace, then 10 min easy then 2km @ 21k race pace then 10 min easy - enjoy your day

Monday	26-Dec	Rest
Tuesday	27-Dec	20 min @ long run pace then Alternate 1km @ 10km pace with 1km at easy pace. Do 4 of each then 15 min long run pace
Wednesday	28-Dec	60 minutes easy pace
Thursday	29-Dec	5 x 1600 @ 10km pace with 90 sec rec
Friday	30-Dec	90-100 mins Long run pace
Saturday	31-Dec	6 x 300 @ 3km Pace with 75 -90 sec recovery
Sunday	01-Jan	Rest Happy 2012
Monday	02-Jan	45 minutes at easy Pace
Tuesday	03-Jan	5 x 800 @ 5km pace with 90 sec rec
Wednesday	04-Jan	70 mins easy pace
Thursday	05-Jan	Hills 5 x 3 x 35 sec with jog back rec and 3 min between set
Friday	06-Jan	35 mins Easy Pace
Saturday	07-Jan	4 x 1600@ 10km pace with 90 sec or less rec