

## TWO OCEANS HALF MARATHON

SUB 90 MINUTES

OCTOBER TO JANUARY 2012

Friday	21-Oct	Easy 35 mins
Saturday	22-Oct	3-4 x 1200 @ 10km pace
Sunday	23-Oct	90 Mins @ Long Training pace
Monday	24-Oct	Rest
Tuesday	25-Oct	Hills 3 x 4 x 35 sec with jog back and 3 min between set
Wednesday	26-Oct	Easy 60 mins off road
Thursday	27-Oct	2 set x 5 x 300m @ 5km pace with 75-90 sec rec and 3 min between set
Friday	28-Oct	Rest or easy 35 min
Saturday	29-Oct	8 x 600 @ 10km pace with 90 sec rec
Sunday	30-Oct	90 mins easy pace with 1 min walk every 25 mins
Monday	31-Oct	Rest
Tuesday	01-Nov	2 set 4 x 250 @ 10km pace with 90 sec rec and 2 min between set
Wednesday	02-Nov	40-50 min easy pace
Thursday	03-Nov	Easy 8km with 2 x 1 minute pick up in pace with 3 minute easy between
Friday	04-Nov	Rest
Saturday	05-Nov	Easy 20-30 mins with 2-3 run through of 60-80 metres with walk back recovery
Sunday	06-Nov	<b>10km Race</b> (if Saturday race - then drop Thursday session, move Friday and Saturday forward and do 45 min easy on Sunday)
Monday	07-Nov	Rest
Tuesday	08-Nov	50min easy with 5 x 45 sec pick up in pace with 4 min easy between
Wednesday	09-Nov	60 minutes easy pace

Thursday	10-Nov	Hills 4 x 3 x 35 sec with jog back rec and 4 min rec between set
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