

**OLD MUTUAL TWO OCEANS HALF MARATHON – SUB 90 MINUTES SILVER PROGRAMME**

		<b>SILVER - 90 MINUTE</b>
Monday	01-Nov	rest
Tuesday	02-Nov	2 set x 4 x 250m @ 10km pace with 75 sec rec and 3 min between set
Wednesday	03-Nov	easy 60 mins off road
Thursday	04-Nov	45 minutes at easy Pace
Friday	05-Nov	easy 35 mins
Saturday	06-Nov	4-5 x 1000m @ 10km pace with 90 sec rec
Sunday	07-Nov	80-90 mins @ long training pace
Monday	08-Nov	rest
Tuesday	09-Nov	Hi Octane session alternate 100/200 in prescribed time - do 2 set of 6 of each with 1 minute rec between set
Wednesday	10-Nov	60 min easy pace
Thursday	11-Nov	6 x 500 @ 5km pace with 90 sec recovery
Friday	12-Nov	easy 35 mins
Saturday	13-Nov	3-4 x 1200 @ 10km pace
Sunday	14-Nov	90 Mins @ Long Training pace
Monday	15-Nov	rest
Tuesday	16-Nov	Hills 3 x 4 x 35 sec with jog back and 3 min between set
Wednesday	17-Nov	easy 60 mins off road
Thursday	18-Nov	2 set x 5 x 300m @ 5km pace with 75-90 sec rec and 3 min between set
Friday	19-Nov	rest or easy 35 min
Saturday	20-Nov	8 x 600 @ 10km pace with 90 sec rec
Sunday	21-Nov	90 mins easy pace with 1 min walk every 25 mins
Monday	22-Nov	rest

Tuesday	23-Nov	2 set 4 x 250 @ 10km pace with 90 sec rec and 2 min between set
Wednesday	24-Nov	40-50 min easy pace
Thursday	25-Nov	easy 8km with 2 x 1 minute pick up in pace with 3 minute easy between
Friday	26-Nov	rest
Saturday	27-Nov	easy 20-30 mins with 2-3 run through of 60-80 metres with walk back recovery
Sunday	28-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	29-Nov	rest
Tuesday	30-Nov	40 min long training pace
Wednesday	01-Dec	60 min easy pace
Thursday	02-Dec	3 x 800@ 5km pace with 90 sec rec
Friday	03-Dec	Rest
Saturday	04-Dec	3 x 3 x 300 @ 3km pace with 90 sec rec and 3 min between set
Sunday	05-Dec	easy 60-80 mins off road
Monday	06-Dec	rest
Tuesday	07-Dec	Hills 4 x 4 x 35 sec with jog back down and 3 min between set
Wednesday	08-Dec	easy 70 mins @ easy pace

Thursday	09-Dec	easy 40 mins @ long training pace
Friday	10-Dec	easy 45 mins
Saturday	11-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	12-Dec	90-100 min @ Long training pace with 1 minute walk every 30 min
Monday	13-Dec	rest
Tuesday	14-Dec	Hills 4 x 4 x 35 sec with Jog back down and 3 min between set
Wednesday	15-Dec	easy 70 mins @ easy pace
Thursday	16-Dec	3 x 3 x 300 @ 3km pace with 90 sec rec and 3 min between set
Friday	17-Dec	easy 40 mins @ long training pace

Saturday	18-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	19-Dec	Hills 3 x 5 x 35 sec with jog back rec and 4 min between sets
Monday	20-Dec	rest
Tuesday	21-Dec	4 x 800@ 5km pace with 90 sec rec
Wednesday	22-Dec	easy 60 mins off road
Thursday	23-Dec	2 set x 4 x 400m @ 10km pace with 90 sec rec and 3 min between set
Friday	24-Dec	35 minutes easy pace
Saturday	25-Dec	easy 20 mins then 3km @ 21k Race Pace, then 10 min easy then 2km @ 21k race pace then 10 min easy
Sunday	26-Dec	
Monday	27-Dec	90-100 mins Long run pace
Tuesday	28-Dec	50-60 min easy pace

Wednesday	29-Dec	5 x 1600 @ 10km pace with 90 sec rec
Thursday	30-Dec	45 minutes at easy Pace
Friday	31-Dec	6 x 300 @ 3km Pace with 75 -90 sec recovery
Saturday	01-Jan	Rest - Happy 2011
Sunday	02-Jan	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
Monday	03-Jan	rest