

TWO OCEANS HALF MARATHON

SUB 2-HOUR SCHEDULE

Friday	21-Oct	Rest
Saturday	22-Oct	14Km
Sunday	23-Oct	5km easy
Monday	24-Oct	Rest
Tuesday	25-Oct	6-8km easy
Wednesday	26-Oct	10km
Thursday	27-Oct	6km with 3 x 30 second pick up with 6 min easy between
Friday	28-Oct	Rest
Saturday	29-Oct	14Km
Sunday	30-Oct	5km
Monday	31-Oct	Rest
Tuesday	01-Nov	6km include 3 x 150m hills going hard up and walk back recovery
Wednesday	02-Nov	8km
Thursday	03-Nov	5km easy
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	10km race - First 4km @ 21km race pace Plus 10 seconds per km walk 1 min, then 3km @ 21km race pace, then walk 45 second then run as you feel for last 3km to finish
Monday	07-Nov	Rest
Tuesday	08-Nov	8km
Wednesday	09-Nov	11Km
Thursday	10-Nov	6km with 5 x 30 second pick up with 6 min easy between
Friday	11-Nov	Rest
Saturday	12-Nov	16Km
Sunday	13-Nov	5km
Monday	14-Nov	Rest
Tuesday	15-Nov	6km with 3 x 1 min pick up with 5 min easy between
Wednesday	16-Nov	11-12Km
Thursday	17-Nov	6km include 3 x 150m hills going hard up and walk back recovery

Friday	18-Nov	Rest
Saturday	19-Nov	16-18km easy
Sunday	20-Nov	easy 30 mins
Monday	21-Nov	Rest