

# TWO OCEANS HALF MARATHON

## SUB 2-HOUR SCHEDULE

Monday	03-Oct	Rest
Tuesday	04-Oct	5km
Wednesday	05-Oct	8km
Thursday	06-Oct	6km
Friday	07-Oct	Rest
Saturday	08-Oct	10km
Sunday	09-Oct	6km
Monday	10-Oct	Rest
Tuesday	11-Oct	5km
Wednesday	12-Oct	9Km
Thursday	13-Oct	6km with 3 x 30 second pick up with 6 min easy between
Friday	14-Oct	Rest
Saturday	15-Oct	10km event - do first 3km @ easy pace then walk 45 second then second 3km 10 seconds faster per km, 45 second easy walk , then final 4km run as you feel and gradually try to get faster - This becomes your base race to work out training paces from chart
Sunday	16-Oct	6km
Monday	17-Oct	Rest
Tuesday	18-Oct	5km
Wednesday	19-Oct	10km
Thursday	20-Oct	6km include 3 x 150m hills going hard up and walk back recovery
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