

**Old Mutual Two Oceans Half Marathon
Training Schedules for 3 January to 13 Feb 2012
Novice**

Tuesday	03-Jan	easy 15 min run then 3 x 35 seconds running hard (er) uphill with walk back down and 15 second rest between then run / run 10 to 15 min easy
Wednesday	04-Jan	easy 35 mins
Thursday	05-Jan	easy 25 min with 3 x 30 second pick up in pace with 6 min easy between
Friday	06-Jan	rest
Saturday	07-Jan	easy 60-90 mins run and walk as you feel (try run 7 min 1 min walk)
Sunday	08-Jan	easy 35-50 min as you feel (time will depend on feeling from day before)
Monday	09-Jan	rest
Tuesday	10-Jan	easy 40-50 mins
Wednesday	11-Jan	easy 10 min jog / run then use soccer field or track - run 100m hard (er) but not a sprint walk 50m repeat this 10-12 times easy 15 min run
Thursday	12-Jan	easy 45 mins
Friday	13-Jan	rest
Saturday	14-Jan	easy 70-90 minutes run and walk as you feel
Sunday	15-Jan	easy 40- 60 mins on grass / off road (depending on fatigue level from day before)
Monday	16-Jan	rest
Tuesday	17-Jan	easy 40-50 min
Wednesday	18-Jan	easy 15 mins then 5-6 x 35 seconds hills running hard(er) up hill and walking back with 15 second recovery - then 15-20 min easy
Thursday	19-Jan	40-50 mins easy
Friday	20-Jan	rest
Saturday	21-Jan	easy 90-100 min run and walk - try 7 min run and 1 min walk
Sunday	22-Jan	easy 45 min with 3 x 30 second pick up in pace with 8 min easy between
Monday	23-Jan	rest

Tuesday	24-Jan	easy 45-50 mins
Wednesday	25-Jan	easy 60-70 min
Thursday	26-Jan	easy 45 min with 5 x 30 second pick up in pace with 5min easy between
Friday	27-Jan	rest
Saturday	28-Jan	run 15 mins then use soccer field or track - run 100m hard(er) not sprint walk / jog 50m repeat 16 times (i.e. 8 laps of the field running faster on long side and walk jog the short side)
Sunday	29-Jan	80-90 mins long training pace with 1 min walk every 9 mins
Monday	30-Jan	rest
Tuesday	31-Jan	easy 50-60 mins
Wednesday	01-Feb	easy 45 min with 5 x 30 second pick up in pace with 5min easy between
Thursday	02-Feb	easy 50 mins
Friday	03-Feb	Rest
Saturday	04-Feb	easy 80-90 minutes run and walk as you feel
Sunday	05-Feb	easy 40-50 mins early morning
Monday	06-Feb	rest
Tuesday	07-Feb	easy 45-50 mins
Wednesday	08-Feb	Hi Octane session 100/50 alternated run long side faster and walk jog the short side - do 2 set of 10 repeats with 60 sec recovery between set
Thursday	09-Feb	60-70 mins @ long run training pace
Friday	10-Feb	Rest
Saturday	11-Feb	50 mins @ Long Training pace (or rest)
Sunday	12-Feb	Hi Octane session 200/100 alternated each in prescribed time - do 3 set of 4 of each with 90 sec rec between set
Monday	13-Feb	rest