

**Old Mutual Two Oceans Half Marathon
Training Schedules for 3 Feb to 12 March 2012
Novice**

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
Tuesday	14-Feb	Hills 2 x 3 x 35 sec with 4 min between set
Wednesday	15-Feb	50 mins easy pace
Thursday	16-Feb	70 mins @ long training pace include 1 min walk every 14 mins
Friday	17-Feb	Rest
Saturday	18-Feb	40 mins easy
Sunday	19-Feb	80-90 mins long training pace with 1 min walk every 20 mins
Monday	20-Feb	rest
Tuesday	21-Feb	Hi Octane session 100/50 alternated - do 3 set of 6 of each with 90 sec rec between set
Wednesday	22-Feb	easy 45 min with 3 x 30 second pick up in pace with 8 min easy between
Thursday	23-Feb	easy 30 mins on grass
Friday	24-Feb	rest

Saturday	25-Feb	easy 20-30 mins with 2-3 run through of 60-80 metres with walk back recovery
Sunday	26-Feb	15km or 21km Race but only for training split into 3km sections with 90 sec walk between each
Monday	27-Feb	rest
Tuesday	28-Feb	40 min long training pace
Wednesday	29-Feb	45-50 min easy - put in 3 x 30 second pick up with 8 min easy between
Thursday	01-Mar	Hi Octane session 200/100 alternated each in prescribed time - do 3 set of 4 of each with 90 sec rec between set
Friday	02-Mar	rest
Saturday	03-Mar	2 set x 4 x 400 @ 10km pace with 90 second recovery and 5 min between set
Sunday	04-Mar	75-85 minutes long training run with 2 min walk every 15 min
Monday	05-Mar	rest
Tuesday	06-Mar	3 x 1000 @ 10km pace with 2 min rec
Wednesday	07-Mar	60-65 minutes Easy pace
Thursday	08-Mar	Hi Octane session 200/100 alternated each in prescribed time - do 4 set of 4 of each with 90 sec rec between set
Friday	09-Mar	rest
Saturday	10-Mar	4 x 600 @ 10km pace with 90 second recovery
Sunday	11-Mar	60-70 min long training run with 2 min walk every 15 minutes
Monday	12-Mar	rest