

**Old Mutual Two Oceans Half Marathon  
Training Schedules for 3 January to 13 Feb 2012  
Sure Silver – 90 Minutes**

Tuesday	03-Jan	5 x 800 @ 5km pace with 90 sec rec
Wednesday	04-Jan	70 mins easy pace
Thursday	05-Jan	Hills 5 x 3 x 35 sec with jog back rec and 3 min between set
Friday	06-Jan	35 mins Easy Pace
Saturday	07-Jan	4 x 1600@ 10km pace with 90 sec or less rec
Sunday	08-Jan	80-90 mins long training run pace with walk every 30 mins
Monday	09-Jan	rest
Tuesday	10-Jan	2 x 3 x 300 @ 3km pace with 90 sec rec and 3 min between set
Wednesday	11-Jan	40 mins long training pace
Thursday	12-Jan	easy 8km with 2 x 1 minute pick up in pace with 3 minute easy between
Friday	13-Jan	rest
Saturday	14-Jan	easy 20-30 mins with 2-3 run through of 60-80 metres with walk back recovery
Sunday	15-Jan	Train through a 21km race - split into 6km with 60 second walk, then 3 x 5km with 60 second walk between sections
Monday	16-Jan	rest
Tuesday	17-Jan	40-45 mins Long training run pace
Wednesday	18-Jan	60 min easy pace
Thursday	19-Jan	Hi Octane session alternate 100/200 - do 10 of each
Friday	20-Jan	easy 35 mins
Saturday	21-Jan	easy 20 mins then 5km @ 21km target pace then 10 min easy pace then 3km@ 21km target pace then 15 minute easy pace - keep this on flat road
Sunday	22-Jan	Hills 4 x 3 x 35 sec with jog back rec and 4 min rec between set
Monday	23-Jan	rest

Tuesday	24-Jan	5 x 1200 @ 10km pace with 90 sec rec
Wednesday	25-Jan	70 minutes easy pace
Thursday	26-Jan	3 set 3 x 500 @ 5km pace with 90 sec recovery and 4 minutes between sets
Friday	27-Jan	35 minutes long run pace or rest
Saturday	28-Jan	easy 20 mins then 5km @ 21km Race Pace then 10 min easy, then 3km @ 21km Race pace, then 15 minutes east
Sunday	29-Jan	2 set x 7 x 250m @ 10km pace with 75 sec rec and 3 min between set
Monday	30-Jan	rest
Tuesday	31-Jan	40-45 mins Long training run pace
Wednesday	01-Feb	60 min easy pace
Thursday	02-Feb	Hi Octane session alternate 100/200 - do 12 of each
Friday	03-Feb	35 minutes @ easy pace
Saturday	04-Feb	80-90 mins at Long training pace on grass / off road
Sunday	05-Feb	8 x 300 @ 5km pace with 75 sec rec
Monday	06-Feb	Rest
Tuesday	07-Feb	2 set x 7 x 250m @ 10km pace with 75 sec rec and 3 min between set
Wednesday	08-Feb	easy 60 minutes
Thursday	09-Feb	3 x 1000 @ 10km pace with 90 sec rec
Friday	10-Feb	rest
Saturday	11-Feb	Hills 4 x 300 @ 5km pace with jog back and rec total 2 mins
Sunday	12-Feb	easy 20 mins then 5km @ 21km target pace then 10 min easy pace then 3km@ 21km target pace then 15 minute easy pace keep on flat road
Monday	13-Feb	rest