

**Old Mutual Two Oceans Half Marathon  
Training Schedules for 3 Feb – 12 March  
Sure Silver – 90 Minutes**

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
Tuesday	14-Feb	2 set x 4 x 250m @ 10km pace with 75 sec rec and 3 min between set
Wednesday	15-Feb	60 minutes easy
Thursday	16-Feb	easy 8km with 2 x 1 minute pick up in pace with 3 minute easy between
Friday	17-Feb	rest
Saturday	18-Feb	easy 20-30 mins with 2-3 run through of 60-80 metres with walk back recovery
Sunday	19-Feb	15km race - run in 3 sections of 5km - first 5km @ 21km target pace plus 5 seconds walk 45-60 seconds next 5km @ 21km pace and 45-60 second walk - then final 5km as you feel getting stronger to finish
Monday	20-Feb	rest
Tuesday	21-Feb	easy 40-45mins with 3 x 45 second pick up in pace with 5 min easy between
Wednesday	22-Feb	60-70 mins easy
Thursday	23-Feb	Hi Octane session 200/100 alternated each in prescribed time - do 10-15 of each non-stop
Friday	24-Feb	easy 35 mins

Saturday	25-Feb	5 x 1200 @ 10km pace with 90 sec rec
Sunday	26-Feb	90-100 mins Long run pace
Monday	27-Feb	rest
Tuesday	28-Feb	8 x 400 at 5km pace with 90 sec recovery
Wednesday	29-Feb	60-70 mins easy
Thursday	01-Mar	Hills 5 x 3 x 35 sec with jog back rec and 3 min between set
Friday	02-Mar	easy 35 min
Saturday	03-Mar	100 mins @ long slow pace
Sunday	04-Mar	60 minutes easy with 2 min pick up in pace on flat every 13 min - then back to easy pace
Monday	05-Mar	rest
Tuesday	06-Mar	3 set 3 x 500 @ 5km pace with 90 sec recovery and 4 minutes between sets
Wednesday	07-Mar	75-80 min easy pace
Thursday	08-Mar	Hills 6 x 300 @ 5km pace with jog back and rec total 2 mins
Friday	09-Mar	easy 35 min
Saturday	10-Mar	10 x 400m @ 10km pace with 60-90 sec rec
Sunday	11-Mar	1 1/2 to 2 hours long run pace
Monday	12-Mar	rest