

**Old Mutual Two Oceans Half Marathon  
Training Schedules for 3 January to 13 Feb 2012  
Top Bronze – Sub 2 Hour**

Tuesday	03-Jan	40 minutes long training pace
Wednesday	04-Jan	50 minutes @ easy pace
Thursday	05-Jan	Hi Octane session alternate 100/200 - do 10 of each
Friday	06-Jan	35 minutes easy pace - or rest
Saturday	07-Jan	3 set x 3 x 300m@ 3km Pace with 90 sec rec and 4 minutes between set
Sunday	08-Jan	90-100 minutes @ long training pace with 90 sec walk every 20 minutes
Monday	09-Jan	rest
Tuesday	10-Jan	5 x 1200@ 10km pace with 90 sec to 2 min rec
Wednesday	11-Jan	60-70 minutes @ easy pace
Thursday	12-Jan	Hi Octane session alternate 100/200 in prescribed time - do 2 set of 6 of each with 90 sec rec between set
Friday	13-Jan	rest
Saturday	14-Jan	20 minutes @ long run pace then 6km @ race pace, then 20 minutes easy pace
Sunday	15-Jan	5 x 500 @ 5km pace with 90 sec recovery
Monday	16-Jan	rest
Tuesday	17-Jan	easy 40 minutes long training pace
Wednesday	18-Jan	2 set 6 x 600 @ 10km pace with 90 sec rec and 4 minute between set
Thursday	19-Jan	50 minute easy pace
Friday	20-Jan	35 minutes @ easy pace
Saturday	21-Jan	easy 20 mins then 4km @ 21km target pace then 10 min easy pace then 3km@ 21km target pace then 15 minute easy pace
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	3 set x 4 x 250m @ 10km pace with 75 sec rec and 3 min between set
Wednesday	25-Jan	60-70 minutes at Long run pace with 2 minute walk every 25 minutes
Thursday	26-Jan	6km easy pace with 4 x 30 second pick up and 3 minutes easy between
Friday	27-Jan	Rest
Saturday	28-Jan	50 mins easy early morning
Sunday	29-Jan	90 minutes at long run pace
Monday	30-Jan	Rest
Tuesday	31-Jan	4-6 x 1000 @ 21k race pace with 90 sec (or less) recovery
Wednesday	01-Feb	50-60 mins at easy pace
Thursday	02-Feb	4 x4x35 sec Hills with 3 min recovery between set
Friday	03-Feb	rest
Saturday	04-Feb	40-45 min easy pace
Sunday	05-Feb	20 mins easy then 5km @ 21km race pace then 10 minute easy then 3km @ 21km race pace then 10 minute easy then 2km @ 21k race pace then 10-15 minutes easy
Monday	06-Feb	Rest
Tuesday	07-Feb	60 minutes @ easy pace
Wednesday	08-Feb	Hi Octane session alternate 100/200 in prescribed time - do 10 of each non stop
Thursday	09-Feb	7 x 600@ 10km pace with 60- 90 sec rec
Friday	10-Feb	easy 30 mins
Saturday	11-Feb	easy 40-60 mins
Sunday	12-Feb	2 x 2000m @ 21km race pace with 2 minutes recovery
Monday	13-Feb	rest