

**Old Mutual Two Oceans Half Marathon
Training Schedules for 3 Feb to 12 March 2012
Top Bronze – Sub 2 Hour**

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
Tuesday	14-Feb	5 x 250m @10km pace with 90 sec recovery
Wednesday	15-Feb	rest or 40 min easy
Thursday	16-Feb	easy 6km with 3 x 30 second 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	10 or 15km race - (split into 3 sections with 1 min walk between)
Monday	20-Feb	Rest
Tuesday	21-Feb	40 minutes @ long training pace, then 15 minutes @ 21k race pace then 20 minutes @ long training pace
Wednesday	22-Feb	40-45 minutes easy pace
Thursday	23-Feb	rest
Friday	24-Feb	60 minutes easy pace

Saturday	25-Feb	Hills 3 x 4 x 35 sec with 3 min recovery between sets
Sunday	26-Feb	80-90 minute long run with 2 minute walk every 20 minutes
Monday	27-Feb	Rest
Tuesday	28-Feb	2 x 5 x 400m at 5km pace with 90 sec recover and 3 min between set
Wednesday	29-Feb	50-60 minutes @ long training pace
Thursday	01-Mar	3-4 x 800 @ 10km pace with 90 sec rec
Friday	02-Mar	Rest
Saturday	03-Mar	90 minutes @ long training pace with 2 minute walk every 20 minutes
Sunday	04-Mar	60 minutes @easy training pace
Monday	05-Mar	rest
Tuesday	06-Mar	Hi Octane session 200/100 alternated each in prescribed time - do 10-12 of each nonstop
Wednesday	07-Mar	60 minutes @easy training pace
Thursday	08-Mar	5-6 x 500m @ 5km pace with 90 sec rec
Friday	09-Mar	Rest
Saturday	10-Mar	90 minutes long pace (if possible off road on even trail/ grass)
Sunday	11-Mar	Hi Octane session 200/100 alternated each in prescribed time - do 10-12 of each nonstop
Monday	12-Mar	Rest