

2010 Old Mutual Two Oceans Half Marathon Sub 2 hours Phase 1

PLEASE READ OUR DISCLAIMER BELOW THE LINKS TO THE PROGRAMMES

Welcome to the Old Mutual Virtual Coach Training Programme, where, on a six to eight weekly basis, we'll provide you with a Half-marathon training programme for the 2010 Old Mutual Two Oceans Marathon over 21.1 km.

There are two major considerations that center around Oceans training: The first concept is that the 21 km distance of the race must be respected and deserves adequate preparation to successfully finish in your anticipated time. Next, you must ask yourself if you possess the discipline and desire to complete the necessary training for the event. Quite frankly, most people can "B.S." their way through the training in the months leading up to Oceans. This type of approach oftentimes leads to the Oceans participant "surviving" instead of enjoying the race. In short, if you decide to enter the race, please train properly! You will no doubt enjoy your race and will want to someday run another 21 km or even go on to the 56 km event.

I have decided this year to introduce far more Fartlek type sessions.

Fartlek is fast growing into a popular form of training used by runners to provide a satisfying and effective alternative to simply pounding the streets with no purpose and plan.

Derived from the Swedish term that means 'Speed Play', fartlek can provide an excellent endurance and strength exercise as well as helping to improve your speed and race tactics. The beauty of fartlek training is that you don't need to run over a specifically measured route as it is simply a case of altering your running speeds over varying distances. The easiest way to explain a typical fartlek run would be to jog for 5 minutes to warm up, before picking a landmark like the next lamp-post or tree and then running at a pre-decided speed (e.g. 70% of maximum speed) until you reach that landmark. Once there you change your speed back down to a jog until you have recovered. Then when ready you will choose another landmark at a slightly different distance away and then run at another pre-determined speed (e.g. 90% of maximum speed) until you reach it. This practice would continue until you have finished your workout with the predetermined speeds altering as you see fit between faster and slower than jogging pace.

It is easy to see why fartlek training has grown in popularity as a runner just has to simply listen to his / her body and decide how intense or easy to make the session. The benefit of this type of training is that you are not racing against a clock or running a certain distance. You are the deciding factor in how hard or easy the run is and it can become a very useful part of your training schedule.

During November and December the schedule will concentrate on stamina building. Now is the time to make sure all your ducks are in a row i.e. new shoe purchased (remember shoes only have a life span of between 800 and 1200 km) and your health is 110% (no injuries or vitamin/mineral deficiency).

HALF-MARATHON TRAINING LEGENDS and PACE REQUIREMENTS

The advanced programme is aimed at a sub 2 hours (55 min 10 km runner). Your weekly mileage at the start of the programme should be 25-35 km.

Your easy run training pace is: 6.34 min/km
Your tempo run training pace is: 5.29 min/km
Your long run training pace is: 6.34-7.23 min/km
Best 10 km time required: 55 min
H = Hills: To be explained later

P = Oceans Race Pace: 5 min 40 sec/km

F= Fartlek

w/u and w/d = warm up, warm down

16th November 2009 – 10th January 2010

Week 1.

MONDAY: rest

TUESDAY: 30 min E

WEDNESDAY: 35 min E

THURSDAY: 40 min F (w/up 5 min, 10 min @ 10 km pace, 5 min jog x 2, 5 min w/d)

FRIDAY: rest or 30 min E

SATURDAY: 5 km E

SUNDAY: 8 km L

Week 2.

MONDAY: rest

TUESDAY: 40 min E

WEDNESDAY: 40 min E

THURSDAY: 40 min F (w/up 5 min, 10 min @ 10 km pace, 5 min jog x 2, 5 min w/d)

FRIDAY: rest or 30 min E

SATURDAY: 6 km E

SUNDAY: 10 km L

Week 3.

MONDAY: rest

TUESDAY: 30 min E

WEDNESDAY: 45 min E

THURSDAY: 40 min F (w/up 5 min, 10 min @ 10 km pace, 5 min jog x 2, 5 min w/d)

FRIDAY: rest or 30 min E

SATURDAY: 5 km E

SUNDAY: 10 km L

Week 4.

MONDAY: rest

TUESDAY: 40 min E

WEDNESDAY: 50 min E

THURSDAY: 40 min F (w/up 5 min, 10 min @ 10 km pace, 5 min jog x 2, 5 min w/d)

FRIDAY: rest or 30 min E

SATURDAY: 6 km E

SUNDAY: 12 km L

I have a saying that racing builds experience. Doing some racing during your marathon preparation is particularly important for novice runners. I have not included races in the programmes due to differences in the racing calendar country wide, but running occasional races will help you get used to the race experience: how to warm up, what it feels like running in a crowd, how to take liquids, when and what to eat before and after, whether or not your shoes will cause blisters. The philosophy is that it's always best to make your mistakes in less important races so you won't make any on marathon day.

This does not mean novices should race every weekend leading up to the Two Oceans, otherwise you risk tearing yourself down. Try to schedule a 10km – 15km two weeks before your standard marathon. From this race effort, you'll have a good sense of your level of fitness and readiness for the marathon and should be able to estimate your marathon pace.

At earlier points in the training schedule you might want to try other distances, 5km (that's why a 5km time trial has been included in the schedules up to now) 10km and the half marathon. (On the half marathon schedule you should stick to 5km and 10km for now). On the weeks that you race cut back on your distance and take your long runs or long run/walks far easier.

The distance of a long run is considered to be 15 km or longer as well as runs that last over 90 minutes. It should be run approximately one minute slower than the pace you plan to run during the race or stated another way, one to 1 min – 1 min 15 sec per km slower than your present 10 km race pace. If your training schedule calls for a long run of 20 km, the distance must be run at one time rather than splitting the distance into a 10 km morning session and a 10 km evening run.

The long run is the most important component of half marathon training because it teaches the body, to both mentally and physically tackle the challenges presented in completing the Oceans event. Physiologically, the body must learn to switch over to fat storage site energy reserves after the glycogen (fuel stores in the muscles, converted over from carbohydrate food sources) have been depleted. One must also be accustomed to running for very long periods of time, and the mental toughness that develops from completing long training runs pays off handsome dividends during the actual marathon.

The long run also provides an excellent opportunity to experiment with a variety of issues and concerns (e.g., shoes, nutrition, pacing, etc.).

In short, the majority of runners who experience difficulty in completing their long training runs fail to prepare adequately for these critical workouts. In short, remember that both long runs and the marathon or half marathon don't have to be painful experiences. The key is to plan ahead.

Benefits of the Long Run

- Provides the necessary endurance to complete the marathon.
- Strengthens the heart (increases stroke volume) and opens the capillaries, both sending energy to working muscles and flushing waste products from fatigued muscles.
- Other physiological benefits include the increased number and size of mitochondria and increased myoglobin concentration in muscle fibers.
- Strengthens the leg muscles and ligaments, thus improving your endurance.
- Recruits fast-twitch muscle fibers to help with slow-twitch tasks (like running a marathon).
- Teaches the body to burn fat as fuel.
- Develops your mental toughness and coping skills, thus increasing/enhancing your confidence level that you can go the full marathon distance on race day.
- Increases your overall speed, even for shorter races.

Preparing for the Long Run

While completing long runs can be sometimes difficult, preparing properly for these training sessions will make this important workout much easier to accomplish. Listed below are areas of concern that require your careful preparation prior to, and during your long run. Let's assume that your long run is scheduled for Sunday morning.

Rest

- Get lots of rest Saturday night, aiming for 8 hours sleep.
- Make either Friday or Saturday a complete rest day for the legs.
- If you do train on Saturday, make it an easy workout.

Week 5.

MONDAY: rest

TUESDAY: 40 min E

WEDNESDAY: 60 min E on hilly route

THURSDAY: 42 min F (w/up 5 min, 5 min @ 5 km pace, 3 min jog x 4, 5 min w/d)

FRIDAY: rest or 30 min E

SATURDAY: 7 km E

SUNDAY: 14 km L

Week 6 cut back week

MONDAY: rest

TUESDAY: 30 min E

WEDNESDAY: 45 min E

THURSDAY: 5 km time trial at tempo pace

FRIDAY: rest or 30 min E

SATURDAY: 5 km E

SUNDAY: 10 km L

Week 7.

MONDAY: rest

TUESDAY: 50 min F (w/up 5 min, 5 min @ 5 km pace, 3 min jog x 5, 5 min w/d)

WEDNESDAY: 60 min E on hilly route

THURSDAY: 5 km time trial at tempo pace

FRIDAY: rest or 30 min E

SATURDAY: 8 km E

SUNDAY: 16 km L

Week 8

MONDAY: rest

TUESDAY: 50 min F (w/up 5 min, 2 min @ 5 km pace, 2 min jog x 10, 5 min w/d)

WEDNESDAY: 60 min E on hilly route

THURSDAY: 5 km time trial at tempo run pace

FRIDAY: rest or 30 min E

SATURDAY: 9 km E

SUNDAY: 18 km L

RACE DAY 3rd April 2010

For the next Old Mutual Two Oceans training programme – Easy Blue Part 2, available on **21 December**, visit:

<http://www.oldmutual.co.za/about-us/sponsorship/sport/two-oceans-marathon/training-centre/training-programmes.aspx>

For The Old Mutual Two Oceans Race and Pace Time Calculator visit:

<http://www.oldmutual.co.za/about-us/sponsorship/sport/two-oceans-marathon/training-centre/race-and-pace-calculator.aspx>

SUMMARY OF 2010 RACE CHANGES

This is a summary of anticipated changes you can expect in 2010 in comparison to 2009.

ENTRIES OPEN:

Online entries will open 1 November 2009

You will not receive a printed entry form in the post if you enter online in 2009

QUALIFYING (ULTRA ONLY):

Qualifying to enter involves running a marathon or longer

From 1 September 2008 onwards

Comrades is NOT a qualifier for 2010

CLOSING OF ENTRIES:

Closing date for entries AND seeding upgrades

Wednesday, 4 March 2009

OR the first 11 000 entries in the Half Marathon ONLY

ENTRY CHANGES:

Substitutions, upgrades and downgrades will be allowed between the ultra and the half

South African entrants wanting to run the ultra marathon must belong to a running club and have a valid provincial license number

NO temporary licenses will be valid for the ultra marathon

NO changes to any entry will be done after close of entry date

NO Late Entries whatsoever

Remember NO refunds on any fees will be entertained - under ANY circumstances