

Training Pace for Old Mutual Two Oceans Half Marathon 2011

Note: The novice programme (sub 3:00 hours) does not make use of the same formal quality work sessions

Target 21.1km (hours: mins)	2 hours 21 mins	2hours 11 mins	2 Hours	01:50	01:45	01:40	01:36	01:30
Best 10km	63 mins 45 sec	59 mins 15 sec	54 mins	49 mins	47 Mins	45 mins	43 mins	40 mins
Long training run pace (15km and over)	7:35 per km	7:10 per km	6:30 per km	6 min per km	5:55 per km	5:50 per km	5:20 per km	5:00 per km
Easy run Pace	7:25 per km	7:00 per km	6:10 per km	5:40 per km	5:35 per km	5:30 per km	5:00 per km	4:40 perkm
Hi Octane 100/200 session	67 sec	62 sec	56 sec	51 sec	49 to 50 sec	48 sec	43 sec	41 sec
300m @ 3km	1 min 40 sec	1 min 33 sec	1 min 24 sec	76 sec	74 sec	72 sec	64 sec	60 sec
300m @ 5km pace	1 min 46 sec	1 min 41 sec	90 sec	79-81 sec	78 sec	76 to 77 sec	73 sec	67 sec
500m @ 5km pace	2 m 57 sec	2 min 49 sec	2 min 31 sec	2 mins 12 sec	2 min 10 sec	2:07 - 2:08	2 Mins	1 min 50 sec
800m @ 5km pace	4 min 43 sec	4 min 30 sec	4 min 2 sec	3 min 30 sec	3 min 28 sec	3 min 25 sec	3 min 15 sec	2 mins 59 sec
250 @ 10km pace	1 min 45 sec	1 min 38 sec	1 min 30 sec	74 sec	72 sec	71 sec	63 to 64 sec	59 to 60 sec
400 @ 10km pace	2 min 35 sec	2 min 25 sec	2 min 10 sec	2 minutes	1 min 58 sec	1 min 55 sec	1 min 45 sec	97 sec
600 @ 10km pace	3 min 45 sec	3 mins 30 to 3 min 34 sec	3 min 10 sec	2 min 56 sec	2 min 54 sec	2min 52 sec	2 mins 34 sec	2 min 24 sec
1000m @ 10km pace	6 min 15-20 sec	5 min 52-57 sec	5 mins 17-23 sec	4 min 52-58 sec	4 min 50 sec	4 min 45-48 sec	4 min 15-18 sec	3:58 to 4min 2 sec
1200m @ 10km	7 mins 30 sec	7 mins 2 sec to 7 mins 5 sec	6 mins 20 sec	6 minutes	5 min 54 sec	5 min 48 sec	5 min 22 sec	4 min 55 sec
1600m @ 10km	10 minutes	9 min 25sec to 9 min 30 sec	8 min 27 sec to 8 min 33 sec	7 min 46 sec	7 mins 44 sec	7 min 35 sec to 7 min 40 sec	6 min 48 secto 6 min 50 sec	6 mins 20 sec