

1/2 Marathon Training Program

(from 10km base)

Week	Saturday	Sunday	Monday	Tuesday (20 min tempo)	Wednesday	Thursday	Friday
1	11km	Rest	Rest	8km	Rest	5km/ Hill Repeat x 2	Rest
2	13km	Rest	Rest	8km	Rest	6km/30 sec sprints x 5	Rest
3	15km	Rest	Rest	8km	Rest	6km/ Hill Repeat x 2	Rest
4	12km	Rest	Rest	10km	Rest	6km/45 sec sprints x 5	Rest
5	17km	Rest	Rest	10km	Rest	7km/Hill Repeat x 2	Rest
6	19km	Rest	Rest	10km	Rest	7km/45 sec sprints x 5	Rest
7	15km	Rest	Rest	10km	Rest	7km/Hill Repeat x 3	Rest
8	21km	Rest	Rest	10km	Rest	8km/60 sec sprints x 5	Rest
9	15km	Rest	Rest	10km	Rest	8km/Hill Repeat x 4	Rest
10	23km	Rest	Rest	10km	Rest	8km/60 sec sprints x 5	Rest
11	15km	Rest	Rest	8km	Rest	5km	Rest
12	5km	Rest	Rest	5km	Rest	4-5km	Rest
13	Race day		Rest	Rest	Rest	Easy 5km	Rest

Tempo - Slightly slower than 10km race pace but 10-20 sec faster than long slow run pace.