

Angus Glen 1/2 Marathon 2015 Training Program

Week	Saturday	Sunday	Monday	Tuesday (20 min tempo)	Wednesday	Thursday	Friday
1 July 11	7km	Rest	Rest	6km	Rest	5km/Track 400m x 5	Rest
2 July 18	8km	Rest	Rest	6km	Rest	5km/ Hill Repeat x 2	Rest
3 July 25	9km	Rest	Rest	8km	Rest	5km/30 sec sprints x 5	Rest
4 Aug 1	11km	Rest	Rest	8km	Rest	6km/Track 400m x 7	Rest
5 Aug 8	9km	Rest	Rest	8km	Rest	6km/Hill Repeat x 3	Rest
6 Aug 15	13km	Rest	Rest	10km	Rest	6km/45 sec sprints x 6	Rest
7 Aug 22	15km	Rest	Rest	10km	Rest	7km/Track 400m x 9	Rest
8 Aug 29	11km	Rest	Rest	10km	Rest	7km/Hill Repeat x 4	Rest
9 Sept 5	17km	Rest	Rest	10km	Rest	7km/45 sec sprints x 7	Rest
10 Sept 12	13km	Rest	Rest	10km	Rest	7km/Track 400m x 10	Rest
11 Sept 19	19km	Rest	Rest	10km	Rest	8km/Hill Repeat x 5	Rest
12 Sept 26	15km	Rest	Rest	10km	Rest	8km/45 sec sprints x 8	Rest
13 Oct. 3	21km	Rest	Rest	10km	Rest	8km	Rest
14 Oct. 10	17km	Rest	Rest	10km	Rest	8km	Rest
15 Oct. 17	23km	Rest	Rest	10km	Rest	5km	Rest
16 Oct. 24	15km	Rest	Rest	8km	Rest	4-5km	Rest
17 Oct 31	5km	Rest	Rest	5km	Rest	Easy 5km	Rest
18 Nov. 7	Rest	Race Day Sunday	Rest	Rest	Rest	Easy 5km	Rest

