

Scotiabank 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	19km	Rest	Rest	10km	Rest	7km/Track 400m x 10	Rest
11 Sept 19	15km	Rest	Rest	10km	Rest	8km/Hill Repeat x 5	Rest
12 Sept 26	21km	Rest	Rest	10km	Rest	8km/45 sec sprints x 8	Rest
13 Oct. 3	15km	Rest	Rest	8km	Rest	5km	Rest
14 Oct. 10	5km	Rest	Rest	5km	Rest	4-5km	Rest
1 Oct. 17	Rest	Race Day Sunday	Rest	Rest	Rest	Easy 5km	Rest