

Modified Angus Glen 1/2 Marathon 2015

Training Program

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