

## Chilly 1/2 Marathon 2016 Training Program

Week	Saturday	Sunday	Monday	Tuesday (20 min tempo)	Wednesday	Thursday	Friday
1 Oct. 31	7km	Rest	Rest	6km	Rest	5km/Track 400m x 5	Rest
2 Nov. 7	8km	Rest	Rest	6km	Rest	5km/ Hill Repeat x 2	Rest
3 Nov 14	9km	Rest	Rest	8km	Rest	5km/30 sec sprints x 5	Rest
4 Nov. 28	11km	Rest	Rest	8km	Rest	6km/Track 400m x 7	Rest
5 Dec. 5	9km	Rest	Rest	8km	Rest	6km/Hill Repeat x 3	Rest
6 Dec. 12	13km	Rest	Rest	10km	Rest	6km/45 sec sprints x 6	Rest
7 Dec. 19	15km	Rest	Rest	10km	Rest	7km/Track 400m x 9	Rest
8 Dec. 26	11km	Rest	Rest	10km	Rest	7km/Hill Repeat x 4	Rest
9 Jan 2	17km	Rest	Rest	10km	Rest	7km/45 sec sprints x 7	Rest
10 Jan. 9	13km	Rest	Rest	10km	Rest	7km/Track 400m x 10	Rest
11 Jan. 16	19km	Rest	Rest	10km	Rest	8km/Hill Repeat x 5	Rest
12 Jan. 23	15km	Rest	Rest	10km	Rest	8km/45 sec sprints x 8	Rest
13 Jan. 30	21km	Rest	Rest	10km	Rest	8km	Rest
14 Feb. 6	17km	Rest	Rest	10km	Rest	8km	Rest
15 Feb. 13	23km	Rest	Rest	10km	Rest	5km	Rest
16 Feb. 20	15km	Rest	Rest	8km	Rest	4-5km	Rest
17 Feb. 27	5km	Rest	Rest	5km	Rest	Easy 5km	Rest
18 Mar. 5	Rest	Race Day Sunday	Rest	Rest	Rest	Easy 5km	Rest

