

TEAM VITALITY



Get healthy
Get rewarded

Elana Meyer Two Oceans Half Marathon sub-2

| | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---------------|--|------|--|-------------------|---|------|--|
| WEEK 1 | <p>14km steady run at 5:55-6:10 per km. Pace of run at 15-30sec slower than target race pace.</p> <p>Steady run at 5:55-6:10 per km.</p> <p>Pace of run at 15-30sec slower than target race pace</p> | rest | <p>10min warm up, 12 x 400m</p> <p>Run at 5:15 per km pace</p> <p>Rest 30sec jog, 10min warm down</p> <p>Pace of intervals is 15-25sec faster per km than target race pace Pace of intervals is 15-25sec faster per km than target race pace</p> | 10km easy running | <p>10min warm up: 5 x 1,5km</p> <p>Run at 5:20 per km pace rest 60sec, 10min warm down</p> <p>10-20sec faster than race pace per km</p> | rest | 10km easy run on soft surface, no need to push |
| WEEK 2 | <p>14km</p> <p>Steady run at 5:55-6:10 per km Pace of run at 15-30sec slower than target race pace</p> | rest | <p>10min warm up run: 8 x 800m</p> <p>Pace 5:15 per km, rest 30sec, 10min warm down</p> | 12km easy running | 14km | rest | 10km easy run on soft surface, no need to push |

| | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---------------|---|------|--|------------------------------|---|------|--|
| WEEK 3 | 14km Steady run at 5:55-6:10 per km Pace of run at 15-30 sec slower than target race pace | rest | 10min warm up run: 5 x 1,5km. Pace 5:15 per km, rest 30sec, 10min warm down | 10km easy running | 10min warm up: 2 x 5km. Run at 5:25 per km rest 3 min, 10min warm down | rest | 10km easy run on soft surface, no need to push |
| WEEK 4 | 12km Steady run at 5:55-6:10 per km Pace of run at 15-30 sec slower than target race pace | rest | 10km Conversational pace + 5 x 30sec strides. Rest 2min | | 12km Run 3km easy, 6km at 5h35, 3km easy | rest | 10km easy run on soft surface, no need to push |
| WEEK 5 | 15km Steady run at 5:55-6:10 per km Pace of run at 15-30sec slower than target race pace | rest | 12km plus strides Conversational pace + 5 x 30sec strides. Rest 2min | rest | 10min warm up 2 X 6km Run at 5:25 per km rest 3min, 10min warm down | rest | 10km easy run on soft surface, no need to push |
| WEEK 6 | 12km Steady run at 5:55-6:10 per km Pace of run at 15-30sec slower than target race pace | rest | 10min warm up: 8 x 800m Pace 5:10-5:15 per km rest 30sec, 10min warm down | 10m easy run on soft surface | 14km | rest | 10m easy run on soft surface, no need to push |
| WEEK 7 | 15km Steady run at 5:55-6:10 per km Pace of run at 15-30sec slower than target race pace | rest | 10min warm up: 16 x 400m Pace 5:10-5:15 per km rest 30sec, 10min warm down | 10km easy on soft surface | 10min warm up run: 2 x 5km Run at 5:20 per km rest 3min, 10min warm down | | 8km easy run on soft surface |
| WEEK 8 | 17km Steady run at 5:55-6:10 per km Pace of run at 15-30sec slower than target race pace | rest | 10min warm up 8 x 1km Pace 5:10-5:15 per km rest 30sec, 10min warm down | Rest | 12km Steady running at 5:35-5:45 per km | rest | 12km easy run on soft surface |

| | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|----------------|--|------|---|------------------|-------|---------------------------------------|--------------------------|
| WEEK 9 | 20km Steady run at 5:55-6:10 per km Pace of run at 15-30sec slower than target race pace | rest | 10min warm up; 2 x 6km Pace 5:15 per km rest 60sec | | rest | | |
| WEEK 10 | 16km Steady run at 5:55-6:10 per km Pace of run at 15-30sec slower than target race pace | rest | 10km run at conversational pace 3-5 x 20sec strides with 2min recovery | 5km easy running | rest | 5km easy run with 3-5 x 20sec strides | Two Oceans Half-marathon |

Notes:

This program will prepare you to be ready for a sub 2hour half marathon and to enjoy the race and finish comfortably. Please ensure you have a good running base before starting this programme.

Keep up core strength doing 10min of core every day or going to the gym on rest days.

Note that this is the sub 2hour programme. For a 90min or 3hour half marathon programme, please use the pacing below to adjust the programme for you where the pace has been noted.

| Goal | overall pace (min/km) | 5km split | 10km split | 15km split | 20km split | Half marathon |
|----------------------------|-----------------------|-----------|------------|------------|------------|---------------|
| Splits for 90min 21,1km | 0:04:15 | 0:21:15 | 0:42:30 | 1:03:45 | 1:25:00 | 1:29:40 |
| Splits for 2:00 for 21,1km | 00:05:40 | 00:28:20 | 00:56:40 | 01:25:00 | 01:53:20 | 01:59:33 |
| Splits for 3:00 | 0:08:32 | 0:42:39 | 1:25:18 | 2:07:58 | 2:50:37 | 3:00:00 |

