

# OMTOM 2019 21.1KM HALF MARATHON SUB-2 TRAINING PROGRAMME



Here's everything you need to know about preparing to run the race of your life in our **Old Mutual Two Oceans Marathon 50<sup>th</sup> milestone event**. Put your best running feet forward with this comprehensive training guide brought to you by our official training partner, **the Sports Science Institute of South Africa (SSISA)**.

## Chasing a sub-2 finish?

Here's a 16-week programme to make sure you make your time safely. You should have been comfortably averaging a minimum of 20 km per week the 4 – 6 weeks before starting this programme.

Make sure you've familiarised yourself with our introductory notes first, as well as the abbreviations below. Then proceed to start your OMTOM 2019 training with purpose – you've got this!

***Good luck! Sikunqwenelela impumelelo! Alles van die beste! Sikufisela inhlanhla!***

## Key

<b>WU:</b> Warm Up
<b>E:</b> Easy
<b>LSD:</b> Long Slow Distance
<b>HL:</b> Hills
<b>SPD:</b> Speed
<b>TT:</b> Time Trial
<b>CD:</b> Cool Down
<b>RPE:</b> Rate of Perceived Exertion
Base
Transition
Peak
Taper
Race
Rest Day
Recovery

# WEEKS 1 – 4 31 DECEMBER – 27 JANUARY

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
<b>Week 1</b> 31 Dec – 6 Jan	Rest	<b>7km E</b> (RPE 2-3)	Rest	<b>5km SPD</b> 2km WU; 2 x 2 min HD (RPE 6-7) with 1min E between; CD	Rest	<b>8km LSD</b> (RPE 2-3)	<b>4km E</b> (RPE 2-3)	<b>24</b>
<b>Week 2</b> 7 Jan – 13 Jan	Rest	<b>7km E</b> (RPE 2-3)	Rest	<b>5km SPD</b> 2km WU; 2 x 3 min HD (RPE 7) with 1:30 min E between; CD	Rest	<b>10km LSD</b> (RPE 2-3)	<b>5km E</b> (RPE 2-3)	<b>27</b>
<b>Week 3</b> 14 Jan – 20 Jan	<b>5km HL</b> 1km WU; 2 x 2 min HD uphill (RPE 6) with 1 min E between; CD	<b>7km E</b> (RPE 2-3)	Rest	<b>5km SPD</b> 2km WU; 3 x 2 min HD (RPE 8) with 1 min E between; CD	Rest	<b>12km LSD</b> (RPE 2-3)	<b>5km E</b> (RPE 2-3)	<b>34</b>
<b>Week 4</b> 21 Jan – 27 Jan	<b>6km HL</b> 1km WU; 3 x 2 min HD uphill (RPE 6) with 1 min E between; CD	<b>6km E</b> (RPE 2-3)	Rest	<b>8km SPD</b> 2km WU; 4 x 1 min HD (RPE 8) with 1 min E between; CD	Rest	<b>5km TT</b>	<b>12km LSD</b> (RPE 2-3)	<b>37</b>

# WEEKS 5 – 8 28 JANUARY – 24 FEBRUARY

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
<b>Week 5</b> 28 Jan – 3 Feb	<b>7km HL</b> 1km WU; 3 x 3 min HD uphill (RPE 6) with 1 min E between; CD	<b>5km E</b> (RPE 2-3)	Rest	<b>8km SPD</b> 2km WU; 3 x 3 min HD (RPE 6) with 1:30 min E jog between; CD	Rest	<b>5km E</b> (RPE 2-3)	<b>15km LSD</b> 3km WU; 3km at sort of HD effort (RPE 4) hilly route; 9km E (RPE 2)	<b>40</b>
<b>Week 6</b> 4 Feb – 10 Feb	Rest	<b>6km E</b> (RPE 2-3)	Rest	<b>6km SPD</b> 2km WU; 4 x 2 min HD (RPE 7) with 1 min E between; CD	Rest	<b>8km E</b> (RPE 2-3)	<b>5km E</b> (RPE 2-3)	<b>25</b>
<b>Week 7</b> 11 Feb – 17 Feb	<b>8km HL</b> 1km WU; 4 x 2 min HD uphill (RPE 6) with 1 min E between; CD	<b>12km E</b> (RPE 2-3)	Rest	<b>5km SPD</b> 2km WU; 4 x 1 min HD (RPE 9) with 1 min E between; CD	Rest	<b>6km E</b> (RPE 2-3)	<b>10km TT</b>	<b>41</b>
<b>Week 8</b> 18 Feb – 24 Feb	<b>9km HL</b> 1km WU; 2 x 5 min HD uphill (RPE 6) with 2:30 min E between; CD	<b>5km E</b> (RPE 2-3)	Rest	<b>8km SPD</b> 2km WU; 2 x 5 min HD (RPE 6) with 2:30 min E between; CD	Rest	<b>8km E</b> (RPE 2-3)	<b>17km LSD</b> 3km WU; 5km sort of HD effort (RPE 4) include hills; 9km E (RPE 2).	<b>47</b>

# WEEKS 9 – 12 25 FEBRUARY – 24 MARCH

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
<b>Week 9</b> 25 Feb – 3 Mar	<b>10km HL</b> 1km WU; 6 x 2 min HD uphill (RPE 6) with 1 min E between; CD	<b>8km E</b> (RPE 2-3)	Rest	<b>9km SPD</b> 2km WU; 3 x 2 min HD (RPE 7) with 1 min E between; CD	Rest	<b>5km E</b> (RPE 2-3)	<b>18km LSD</b> 3km WU; 6km at sort of hard effort (RPE 4); 9km E (RPE 2-3)	<b>50</b>
<b>Week 10</b> 4 Mar – 10 Mar	<b>10km HL</b> 1km WU; 5 x 3 min HD uphill (RPE 6) with 1:30 min E between; CD	<b>8km SPD</b> 1km WU; 10 x :60 sec HD (RPE 8-9) with 1:00 min E between; CD	Rest	<b>8km E</b> (RPE 2-3)	Rest	<b>6km E</b> (RPE 2-3)	<b>15km TT</b>	<b>47</b>
<b>Week 11</b> 11 Mar – 17 Mar	Rest	<b>8km E</b> (RPE 2-3)	Rest	<b>6km SPD</b> 1km WU; 8 x :30 sec hard (RPE 6) with 1:00 min E between; CD	Rest	<b>8km E</b> (RPE 2-3)	<b>6km E</b> (RPE 2-3)	<b>28</b>
<b>Week 12</b> 18 Mar – 24 Mar	<b>10km HL</b> 1km WU; 5 x 2 min HD uphill (RPE 6) with 1 min E between; CD	<b>10km E</b> (RPE 2-3)	Rest	<b>9km E</b> (RPE 2-3)	<b>6km SPD</b> 1km WU; 6 x :60 sec hard (RPE 8) with 1:00 min E between; CD	Rest	<b>21km LSD</b> 3km WU; 7km hard effort with hills (RPE 5); 11km moderate (RPE 3)	<b>56</b>

# WEEKS 13 – 16 25 MARCH – 21 APRIL

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
<b>Week 13</b> 25 Mar – 31 Mar	<b>10km HL</b> 1km WU; 4 x 2 min HD uphill (RPE 6) with 1 min E between; CD	<b>8km E</b> (RPE 2-3)	Rest	<b>10km SPD</b> 1km WU; 5 x :60 sec hard (RPE 8) with 1:00 min E between; CD	Rest	<b>9km E</b> (RPE 2-3)	<b>23km LSD</b> 3km WU; 6km hard effort with hills (RPE 5); 14km moderate (RPE 3)	<b>60</b>
<b>Week 14</b> 1 Apr – 7 Apr	<b>8km HL</b> 1km WU; 3 x 2 min HD uphill (RPE 6) with 1 min E between; CD	<b>6km E</b> (RPE 2-3)	Rest	<b>5km SPD</b> 1km WU; 10 x :30 sec hard (RPE 8) with 1:00 min E between; CD	Rest	<b>12km LSD</b> (RPE 3-4)	<b>5km E</b> (RPE 2-3)	<b>36</b>
<b>Week 15</b> 8 Apr – 14 Apr	Rest	<b>6km E</b> (RPE 2-3)	Rest	<b>6km SPD</b> 1km WU; 8 x :30 sec HD (RPE 8) with 1:00 min E between; CD	Rest	<b>8km LSD</b> (RPE 3-4)	<b>5km E</b> (RPE 2-3)	<b>25</b>
<b>Week 16</b> 15 Apr – 21 Apr	Rest	<b>8km E</b> (RPE 2-3)	Rest	<b>5km SPD</b> 1km WU; 6 x :30 sec HD (RPE 8-9) with 1:00 min E between; CD	Rest	<b>OMTOM</b> 21,1km Race	Rest	<b>34</b>