

OMTOM2019 21.1km HALF MARATHON SUB-2:30 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 50th 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-2:30 finish?

Here's a 16-week programme to make sure you make your time safely. You should have been comfortably averaging a minimum of 20km 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

WU: Warm Up
E: Easy
LSD: Long Slow Distance
HL: Hills
SPD: Speed
TT: Time Trial
CD: Cool Down
RPE: 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
Week 1 31 Dec – 6 Jan	Rest	7km E (RPE 2-3)	Rest	5km SPD 2km WU; 2 x 2 min HD (RPE 6-7) with 1min E between; CD	Rest	8km LSD (RPE 2-3)	4km E (RPE 2-3)	24
Week 2 7 Jan – 13 Jan	Rest	7km E (RPE 2-3)	Rest	5km SPD 2km WU; 2 x 3 min HD (RPE 7) with 1:30 min E between; CD	Rest	10km LSD (RPE 2-3)	5km E (RPE 2-3)	27
Week 3 14 Jan – 20 Jan	Rest	7km E (RPE 2-3)	Rest	5km SPD 2km WU; 3 x 2 min HD (RPE 8) with 1min E between; CD	Rest	12km LSD (RPE 2-3)	5km E (RPE 2-3)	29
Week 4 21 Jan – 27 Jan	Rest	6km E (RPE 2-3)	Rest	8km SPD 2km WU; 4 x 1 min HD (RPE 8) with 1min E between; CD	Rest	5km TT	12km LSD (RPE 2-3)	31

WEEKS 5 – 8 28 JANUARY – 24 FEBRUARY

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Week 5 28 Jan – 3 Feb	Rest	5km E (RPE 2-3)	Rest	8km SPD 2km WU; 3 x 3 min HD (RPE 6) with 1:30 min E jog between; CD	Rest	5km E (RPE 2-3)	15km LSD 3km WU; 3km at sort of HD effort (RPE 4) hilly route; 9km E (RPE 2)	33
Week 6 4 Feb – 10 Feb	Rest	6km E (RPE 2-3)	Rest	6km SPD 2km WU; 4 x 2 min HD (RPE 7) with 1 min E between; CD	Rest	8km E (RPE 2-3)	5km E (RPE 2-3)	25
Week 7 11 Feb – 17 Feb	Rest	12km E (RPE 2-3)	Rest	5km SPD 2km WU; 4 x 1 min HD (RPE 9) with 1 min E between; CD	Rest	6km E (RPE 2-3)	10km TT	33
Week 8 18 Feb – 24 Feb	Rest	5km E (RPE 2-3)	Rest	8km SPD 2km WU; 2 x 5 min HD (RPE 6) with 2:30 min E between; CD	Rest	8km E (RPE 2-3)	17km LSD 3km WU; 5km sort of HD effort (RPE 4) include hills; 9km E (RPE 2)	38

WEEKS 9 – 12 25 FEBRUARY – 24 MARCH

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Week 9 25 Feb – 3 Mar	Rest	8km E (RPE 2-3)	Rest	9km SPD 2km WU; 3 x 2 min HD (RPE 7) with 1 min E between; CD	Rest	5km E (RPE 2-3)	18km LSD 3km WU; 6km at sort of hard effort (RPE 4); 9km E (RPE 2-3)	40
Week 10 4 Mar – 10 Mar	Rest	8km SPD 1km WU; 10 x :60 sec HD (RPE 8-9) with 1:00 min E between; CD	Rest	8km E (RPE 2-3)	Rest	6km E (RPE 2-3)	15km TT	37
Week 11 11 Mar – 17 Mar	Rest	8km E (RPE 2-3)	Rest	6km SPD 1km WU; 8 x :30 sec hard (RPE 6) with 1:00 min E between; CD	Rest	8km E (RPE 2-3)	6km E (RPE 2-3)	28
Week 12 18 Mar – 24 Mar	Rest	10km E (RPE 2-3)	Rest	9km E (RPE 2-3)	6km SPD 1km WU; 6 x :60 sec hard (RPE 8) with 1:00 min E between; CD	Rest	21km LSD (RPE 3-4). Find a hilly route	46

WEEKS 13 – 16 25 MARCH – 21 APRIL

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Week 13 25 Mar – 31 Mar	Rest	8km E (RPE 2-3)	Rest	10km SPD 1km WU; 5 x :60 sec hard (RPE 8) with 1:00 min E between; CD	Rest	9km E (RPE 2-3)	23km LSD 3km WU; 6km hard effort with hills (RPE 5); 14km moderate (RPE 3)	50
Week 14 1 Apr – 7 Apr	Rest	6km E (RPE 2-3)	Rest	5km SPD 1km WU; 10 x :30 sec hard (RPE 8) with 1:00 min E between; CD	Rest	12km LSD (RPE 3-4)	5km E (RPE 2-3)	28
Week 15 8 Apr – 14 Apr	Rest	6km E (RPE 2-3)	Rest	6km SPD 1km WU; 8 x :30 sec HD (RPE 8) with 1:00 min E between; CD	Rest	8km LSD (RPE 3-4)	5km E (RPE 2-3)	25
Week 16 15 Apr – 21 Apr	Rest	8km E (RPE 2-3)	Rest	5km SPD 1km WU; 6 x :30 sec HD (RPE 8-9) with 1:00 min E between; CD	Rest	OMTOM 21,1km Race	Rest	34