

OMTOM 2019 21.1km HALF MARATHON SUB-3 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-3 finish?

Here's a 16-week programme to make sure you make your time safely. You should have been comfortably averaging a minimum of 18 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

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 7) with 1min E between; 1- 2km CD	Rest	9km LSD (RPE 2-3)	Rest	21
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 1-2km CD	Rest	11km LSD (RPE 2-3)	Rest	23
Week 3 14 Jan – 20 Jan	Rest	5km E (RPE 2-3)	7km SPD 2km WU; 3 x 2 min HD (RPE 7) with 1 min E between; CD	Rest	6km E (RPE 2-3)	Rest	11km LSD (RPE 3-4)	25
Week 4 21 Jan - 27 Jan	Rest	5km E (RPE 2-3)	8km SPD 2km WU; 4 x 1 min HD (RPE 8) with 1 min E between; 1-2km CD	Rest	8km LSD (RPE 3-4)	Rest	6km E (RPE 2-3)	27

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	10km SPD 2km WU; 3 x 3 min HD (RPE 6) with 1:30 min E jog between; CD	Rest	5km E (RPE 2-3)	9km LSD 2km WU; 5km at sort of HD effort (RPE 4); 8km E (RPE 2)	29
Week 6 4 Feb – 10 Feb	Rest	5km E (RPE 2-3)	Rest	4km SPD 2km WU; 4 x 2 min HD (RPE 7) with 1 min E between; CD	Rest	5km E (RPE 2-3)	5km E (RPE 2-3)	19
Week 7 11 Feb – 17 Feb	Rest	6km E (RPE 2-3)	8km SPD 2km WU; 4 x 1 min HD (RPE 8) with 1 min E between; CD	Rest	7km E (RPE 2-3)	Rest	12km LSD (RPE 3-4). Find a hilly route for this one.	33
Week 8 18 Feb – 24 Feb	Rest	6km E (RPE 2-3)	6km SPD 2km WU; 2 x 5 min HD (RPE 6) with 2:30 min E between; CD	Rest	8km E (RPE 2-3)	Rest	14km LSD 2km WU; 5km sort of HD (RPE 4); CD	34

WEEKS 9 – 12 25 FEBRUARY – 24 MARCH

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Week 9 25 Feb – 3 Mar	Rest	10km E (RPE 2-3)	5km SPD 2km WU; 2 x 5 min HD (RPE 6) with 2:30 min E between; CD	Rest	4km E (RPE 2-3)	Rest	15km LSD 2km WU; 5km sort of HD effort (RPE 4); CD	34
Week 10 4 Mar – 10 Mar	Rest	4km SPD 1km WU; 6 x :30 sec HD (RPE 8-9) with 1:00 min E between; CD	6km E (RPE 2-3)	Rest	10km E (RPE 2-3)	Rest	16km LSD 2km WU; 6km sort of HD hilly terrain (RPE 4); CD	36
Week 11 11 Mar – 17 Mar	Rest	6km E (RPE 2-3)	Rest	4km SPD 1km WU; 6 x :30 sec hard (RPE 6) with 1:00 min E between; CD	Rest	6km E (RPE 2-3)	5km E (RPE 2-3)	21
Week 12 18 Mar – 24 Mar	Rest	10km E (RPE 2-3)	4km SPD 1km WU; 6 x :30 sec HD (RPE 8) with 1:00 min E between; CD	Rest	6km E (RPE 2-3)	Rest	18km LSD (RPE 3-4). Find a hilly route.	38

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)	4km SPD 1km WU; 6 x :30 sec HD (RPE 8) with 1:00 min E between; CD	Rest	6km E (RPE 2-3)	Rest	17km LSD (RPE 3-4)	35
Week 14 1 Apr – 7 Apr	Rest	6km E (RPE 2-3)	4km SPD 1km WU; 6 x :30 sec HD (RPE 8) with 1:00 min E between; CD	Rest	5km E (RPE 2-3)	Rest	15km LSD (RPE 2-3)	30
Week 15 8 Apr – 14 Apr	Rest	5km E (RPE 2-3)	Rest	4km SPD 1km WU; 6 x :30 sec HD (RPE 8) with 1:00 min E between; CD	Rest	12km LSD	4km E (RPE 2-3)	25
Week 16 15 Apr – 21 Apr	Rest	10km E (RPE 2-3)	Rest	4km SPD 1km WU; 6 x :30 sec HD (RPE 8-9) with 1:00 min E between; CD	Rest	OMTOM 21,1km Race	Rest	35