

# TWO OCEANS MARATHON 2020 TRAINING PROGRAMMES



## THE BEGINNER TRAINING PLAN FOR THE 21.1KM

Here is your 15-week programme to get you ready to complete the Two Oceans Half Marathon well within cut-off time. You should have been comfortably averaging a minimum of 20 km per week the 4 – 6 weeks before starting this programme.

Please read the accompanying introductory notes about this and the other programmes we offer first in order to decide which programme best suits your needs.

Please take note of the key below, explaining the various abbreviations used in the programme that follows. Then, all you need to do is kick the New Year off with a bang and start your training for the Two Oceans Half Marathon on 11 April 2020!

Good luck!

### Key

<b>WU:</b> Warm Up
<b>E:</b> Easy
<b>LSD:</b> Long Slow Distance
<b>HD:</b> Hard
<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

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
<b>Week 1</b> 30 Dec – 5 Jan	REST	<b>7km E</b> (RPE 2–3)	REST	<b>5km SPD</b> 2km WU; 2 x 2 min HD (RPE 7) with 1min E between; 1–2km CD.	REST	<b>9km LSD</b> (RPE 2–3)	REST	<b>21</b>
<b>Week 2</b> 6 Jan – 12 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; 1–2km CD.	REST	<b>11km LSD</b> (RPE 2–3)	REST	<b>23</b>
<b>Week 3</b> 13 Jan – 19 Jan	REST	<b>5km E</b> (RPE 2–3)	<b>7km SPD</b> 2km WU; 3 x 2 min HD (RPE 7) with 1 min E between; CD	REST	<b>6km E</b> (RPE 2–3)	REST	<b>11km LSD</b> (RPE 3–4)	<b>25</b>
<b>Week 4</b> 20 Jan – 26 Jan	REST	<b>5km E</b> (RPE 2–3)	<b>8km SPD</b> 2km WU; 4 x 1 min HD (RPE 8) with 1 min E between; ~1–2km CD.	REST	<b>8km LSD</b> (RPE 3–4)	REST	<b>6km E</b> (RPE 2–3)	<b>27</b>

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
<b>Week 5</b> 27 Jan – 2 Feb	REST	<b>5km E</b> (RPE 2–3)	REST	<b>10km 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>9km LSD</b> 2km WU; 5km at sort of HD effort (RPE 4); 8km E (RPE 2)	<b>29</b>
<b>Week 6</b> 3 Feb – 9 Feb	REST	<b>5km E</b> (RPE 2–3)	REST	<b>4km SPD</b> 2km WU; 4 x 2 min HD (RPE 7) with 1 min E between; CD	REST	<b>5km E</b> (RPE 2–3)	<b>5km E</b> (RPE 2–3)	<b>19</b>
<b>Week 7</b> 10 Feb – 16 Feb	REST	<b>6km E</b> (RPE 2–3)	<b>8km SPD</b> 2km WU; 4 x 1 min HD (RPE 8) with 1 min E between; CD	REST	<b>7km E</b> (RPE 2–3)	REST	<b>12km LSD</b> (RPE 3–4). Find a hilly route for this one.	<b>33</b>
<b>Week 8</b> 17 Feb – 23 Feb	REST	<b>6km E</b> (RPE 2–3)	<b>6km 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)	REST	<b>14km LSD</b> 2km WU; 5km sort of HD (RPE 4); CD	<b>34</b>

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
<b>Week 9</b> 24 Feb – 1 Mar	REST	<b>10km E</b> (RPE 2–3)	<b>6km SPD</b> 2km WU; 2 x 5 min HD (RPE 6) with 2:30 min E between; CD	REST	<b>6km E</b> (RPE 2–3)	REST	<b>16km LSD</b> 2km WU; 6km sort of HD effort (RPE 4); CD	<b>38</b>
<b>Week 10</b> 2 Mar – 8 Mar	REST	<b>6km E</b> (RPE 2–3)	REST	<b>4km SPD</b> 1km WU; 6 x :30 sec hard (RPE 6) with 1:00 min E between; CD	REST	<b>9km E</b> (RPE 2–3)	<b>5km E</b> (RPE 2–3)	<b>24</b>
<b>Week 11</b> 9 Mar – 15 Mar	REST	<b>10km E</b> (RPE 2–3)	<b>4km SPD</b> 1km WU; 6 x :30 sec HD (RPE 8) with 1:00 min E between; CD	REST	<b>6km E</b> (RPE 2–3)	REST	<b>18km LSD</b> (RPE 3–4). Find a hilly route.	<b>38</b>

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
<b>Week 12</b> 16 Mar – 22 Mar	REST	<b>8km E</b> (RPE 2–3)	<b>4km SPD</b> 1km WU; 6 x :30 sec HD (RPE 8) with 1:00 min E between; CD	REST	<b>6km E</b> (RPE 2–3)	REST	<b>17km LSD</b> (RPE 3–4)	<b>35</b>
<b>Week 13</b> 23 Mar – 29 Mar	REST	<b>6km E</b> (RPE 2–3)	<b>4km SPD</b> 1km WU; 6 x :30 sec HD (RPE 8) with 1:00 min E between; CD	REST	<b>5km E</b> (RPE 2–3)	REST	<b>15km LSD</b> (RPE 2–3)	<b>30</b>
<b>Week 14</b> 30 Apr – 5 Apr	REST	<b>5km E</b> (RPE 2–3)	REST	<b>4km SPD</b> 1km WU; 6 x :30 sec HD (RPE 8) with 1:00 min E between; CD	REST	<b>12km LSD</b>	<b>4km E</b> (RPE 2–3)	<b>25</b>
<b>Week 15</b> 6 Apr – 12 Apr	REST	<b>10km E</b> (RPE 2–3)	REST	<b>4km SPD</b> 1km WU; 6 x :30 sec HD (RPE 8–9) with 1:00 min E between; CD	REST	<b>TOM</b> 21.1km Race	REST	<b>35</b>