

TWO OCEANS MARATHON 2020 TRAINING PROGRAMMES



THE SILVER MEDAL TRAINING PLAN FOR THE 21.1KM

Here is your 15-week programme to get you ready to chase a Silver Medal in the Half Marathon. You should have been comfortably averaging a minimum of 30 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 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

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

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 1 30 Dec – 5 Jan	5km HL 1km WU; 2 x 2 min HD uphill (RPE 6) with 1 min E between; CD	7km E (RPE 2–3)	REST	5km SPD 2km WU; 2 x 2 min HD (RPE 6–7) with 1 min E between; CD	REST	9km LSD (RPE 2–3)	4km E (RPE 2–3)	30
Week 2 6 Jan – 12 Jan	6km HL 1km WU; 3 x 2 min HD uphill (RPE 6) with 1 min E between; CD	7km E (RPE 2–3)	REST	6km 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)	34
Week 3 13 Jan – 19 Jan	7km HL 1km WU; 3 x 3 min HD uphill (RPE 6) with 1 min E between; CD	6km E (RPE 2–3)	REST	8km SPD 2km WU; 3 x 3 min HD (RPE 8) with 1min:30sec E jog between; CD	REST	5km TT	12km LSD (RPE 2–3)	38
Week 4 20 Jan – 26 Jan	8 km HL 1km WU; 5 x 2 min HD uphill (RPE 6) with 1 min E between; CD	5km E (RPE 2–3)	REST	9km SPD 2km WU; 4 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).	42

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 5 27 Jan – 2 Feb	REST	7km E (RPE 2–3)	REST	8km SPD 2km WU; 4 x 2 min HD (RPE 7) with 1 min E between; CD	REST	10km E (RPE 2–3)	5km E (RPE 2–3)	30
Week 6 3 Feb – 9 Feb	8km HL 1km WU; 4 x 2 min HD uphill (RPE 6) with 1 min E between; CD	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	41
Week 7 10 Feb – 16 Feb	9km HL 1km WU; 2 x 5 min HD uphill (RPE 6) with 2:30 min E between; CD	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).	47
Week 8 17 Feb – 23 Feb	10km HL 1km WU; 6 x 2 min HD uphill (RPE 6) with 1 min E between; CD	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).	50

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 9 24 Feb – 1 Mar	10km HL 1km WU; 5 x 3 min HD uphill (RPE 6) with 1:30 min E between; CD	8km SPD 1km WU; 10 x :60 sec HD (RPE 8–9) with 1:00 min E betwe en; CD	REST	8km E (RPE 2–3)	REST	6km E (RPE 2–3)	15km TT	47
Week 10 2 Mar – 8 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 11 9 Mar – 15 Mar	10km HL 1km WU; 5 x 2 min HD uphill (RPE 6) with 1 min E between; CD	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 3km WU; 7km hard effort with hills (RPE 5); 11km moderat e (RPE 3)	56

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 12 16 Mar – 22 Mar	10km HL 1km WU; 4 x 2 min HD uphill (RPE 6) with 1 min E between; CD	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)	60
Week 13 23 Mar – 29 Mar	8km HL 1km WU; 3 x 2 min HD uphill (RPE 6) with 1 min E between; CD	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)	36
Week 14 30 Apr – 5 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 15 6 Apr – 12 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	TOM 21.1km Race	REST	34