



## The Intermediate Training Plan for the 21km

Here is your 7-week programme to help get you ready to chase a sub 2:00 finish in the Half Marathon. This programme presupposes that you have been training for the past couple months, that you prepared your aerobic base adequately and have already started some interval-based sessions (e.g. hill repeats and/or speed work). You should have been comfortably averaging a minimum of 30-35 km per week the 4 – 6 weeks before starting this programme.

Please read the Totalsports Two Oceans Training Programmes Introduction, take note of the key below explaining the abbreviations used in the programme, as well as the 'RPE' or Rating of perceived exertion scale for guiding the intensity of your training sessions. You are then ready to ramp up your training for the Totalsports Two Oceans Half Marathon on 16 April! Best of 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
Transition
Peak
Taper
Race
Rest Day
Recovery

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
<b>Week 1</b> 28 February – 6 March	REST	12km E (RPE 2-3)	REST	9km SPD 2km WU; 3 x 5 min HD (RPE 6) with 2:30 min E between; 2km CD	REST	6km E (RPE 2-3)	10km TT	37
<b>Week 2</b> 07 – 13 March	REST	5km E (RPE 2-3)	REST	10km SPD 2km WU; 5 x 4 min HD (RPE 7) with 2 min E between; 2km CD	REST	8km E (RPE 2-3)	17km LSD 3km WU; 5km sort of HD effort (RPE 4-5) include hills; 9km E (RPE 3).	40
<b>Week 3</b> 14 – 20 March	REST	6km E (RPE 2-3)	REST	7km SPD 2km WU; 4 x 2 min HD (RPE 7) with 2 min E between; 2km CD	REST	8 km E (RPE 2-3)	5km E (RPE 2-3)	26
<b>Week 4</b> 21 – 27 March	REST	8km E (RPE 2-3)	REST	8km SPD 2km WU; 6 x 2 min hard (RPE 8) with 1 min E between; 1km CD	12km E (RPE 2-3)	REST	15 km TT	43
<b>Week 5</b> 28 March – 03 April	REST	10km E (RPE 2-3)	REST	8km SPD 2km WU; 10 x 1 min HD (RPE 8) with 1 min E between 1km CD	7km E (RPE 2-3)	REST	20km LSD (RPE 3-4). Find a hilly route.	45
<b>Week 6</b>	REST	5km E	REST	6km SPD	REST	12km LSD	5km E	28

04 – 10 April		(RPE 2-3)		2km WU; 8 x :30 sec hard (RPE 8) with 1:30 E between; 1km CD		(RPE 3-4)	(RPE 2-3)	
<b>Week 7</b> 11-17 April	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; 1km CD	REST	TWO OCEANS 21km Race	REST	34
<b>Week 8</b> 18-24 April	REST	3km Walk	REST	Cross-training	REST	7km E (RPE 2-3)	REST	10
<b>Week 9</b> 25 April – 1 May	5 km E (RPE 2-3)	REST	Cross-training	REST	8km E (RPE 2-3)	REST	10km E (RPE 2-3)	23