

2022 BAROSSA L1 HALF MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 th Jan	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	11km Run-Long Run
2	17 th Jan	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	12km Run-Long Run
3 <i>Recovery</i>	24 th Jan	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	8km Run-Long Run
4	31 st Jan	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	13km Run-Long Run
5 <i>Race</i>	7 th Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Dolphin Run
6	14 th Feb	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	14km Run-Long Run
7	21 st Feb	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	15km Run-Long Run
8 <i>Race</i>	28 th Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	5km Run-SARRC Park Stampede
9	7 th March	Cross Training	7km Run – Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	16km Run-Long Run
10	14 th March	Cross Training	7km Run - Easy	Rest Day	Strength Training	Rest Day	6km Run - Easy	18km Run-Long Run
11 <i>Taper</i>	21 st March	Cross Training	5km Run – Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	12km Run-Long Run
12 <i>Race</i>	28 th March	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21km Run-SARRC Clare Half Marathon
13	4 th April	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run-Long Run
14	11 th April	Cross Training	7km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	5km Run - Tempo	15km Run-Long Run
15	18 th April	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	17km Run-Long Run
16 <i>Recovery</i>	25 th April	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	12km Run-Long Run
17	2 nd May	Cross Training	7km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	5km Run - Tempo	18km Run Long Run
18	9 th May	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	19km Run-Long Run
19 <i>Taper</i>	16 th May	Cross Training	6km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run-Long Run
20 <i>Race</i>	23 rd May	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21.1km Run-SARRC Barossa Half Marathon