



## 2023 BAROSSA L1 HALF MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	9 <sup>th</sup> Jan	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	11km Run-Long Run
2	16 <sup>th</sup> Jan	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	12km Run-Long Run
3 <i>Recovery</i>	23 <sup>rd</sup> Jan	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	8km Run-Long Run
4	30 <sup>th</sup> Jan	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	13km Run-Long Run
5 <i>Race</i>	6 <sup>th</sup> Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Dolphin Run
6	13 <sup>th</sup> Feb	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	14km Run-Long Run
7	20 <sup>th</sup> Feb	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	15km Run-Long Run
8 <i>Race</i>	27 <sup>th</sup> Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Park Stampede
9	6 <sup>th</sup> March	Cross Training	7km Run – Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	16km Run-Long Run
10	13 <sup>th</sup> March	Cross Training	7km Run - Easy	Rest Day	Strength Training	Rest Day	6km Run - Easy	18km Run-Long Run
11 <i>Taper</i>	20 <sup>th</sup> March	Cross Training	5km Run – Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	12km Run-Long Run
12 <i>Race</i>	27 <sup>th</sup> March	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21km Run-SARRC Clare Half Marathon
13 <i>Recovery</i>	3 <sup>rd</sup> April	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run-Long Run
14	10 <sup>th</sup> April	Cross Training	7km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	5km Run - Tempo	15km Run-Long Run
15	17 <sup>th</sup> April	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	17km Run-Long Run
16 <i>Recovery</i>	24 <sup>th</sup> April	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	12km Run-Long Run
17	1 <sup>st</sup> May	Cross Training	7km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	5km Run - Tempo	18km Run-Long Run
18	8 <sup>th</sup> May	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	19km Run-Long Run
19 <i>Taper</i>	15 <sup>th</sup> May Taper	Cross Training	6km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run-Long Run
20 <i>Race</i>	22 <sup>nd</sup> May	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21.1km Run-SARRC Barossa Half Marathon

