

2023 BAROSSA L2 HALF MARATHON TRAINING PROGRAM								
Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	9 th Jan	Cross	6km Run - Fartlek	Rest Day	6km Run -	Strength	5km Run -	11km Run-
2	16 th Jan	Training Cross	7km Run -	Post Day	Tempo 7km Run -	Training Strength	Tempo 5km Run -	Long Run 12km Run-
2	TO, Jail	Training	Fartlek	Rest Day	Tempo	Training	Tempo	Long Run
3	23 rd Jan	Cross	5km Run -	Rest Day	6km Run -	Strength	5km Run -	8km Run- Long
Recovery		Training	Easy	•	Easy	Training	Easy	Run
4	30 th Jan	Cross	7km Run -	Rest Day	7km Run -	Strength	6km Run -	13km Run-
		Training	Intervals		Tempo	Training	Tempo	Long Run
5	6 th Feb	Strength	5km Run -	Rest Day	Cross	Rest Day	3km Run -	10km Run-
		Training	Tempo		Training		Fartlek	SARRC Dolphin
	4b	(Optional)				_		Run
6	13 th Feb	Cross	7km Run -	Rest Day	7km Run –	Strength	6km Run -	14km Run-
-	20 th Feb	Training	Easy	Doot Dov	Hill Repeats	Training	Tempo	Long Run
7	20*** Feb	Cross Training	7km Run - Intervals	Rest Day	7km Run –	Strength Training	7km Run - Tempo	15km Run-
8	27 th Feb	Strength	5km Run -	Rest Day	Hill Repeats Cross	Rest Day	3km Run -	Long Run 5km Run-
Race	27 160	Training	Tempo	Rest Day	Training	Nest Day	Fartlek	SARRC Park
		(Optional)	rempo				rareren	Stampede
9	6 th March	Cross	7km Run -	Rest Day	8km Run –	Strength	8km Run -	16km Run-
		Training	Easy		Hill Repeats	Training	Tempo	Long Run
10	13 th	Cross	8km Run -	Rest Day	8km Run –	Strength	8km Run -	18km Run-
	March	Training	Intervals		Hill Repeats	Training	Tempo	Long Run
11	20 th	Cross	7km Run –	Rest Day	7km Run -	Strength	7km Run -	12km Run-
Taper	March	Training	Intervals		Hill Repeats	Training	Tempo	Long Run
12	27 th	Strength	5km Run -	Rest Day	Cross	Rest Day	3km Run -	21km Run-
	March	Training (Optional)	Tempo		Training		Fartlek	SARRC Clare Half Marathon
13	3 rd April	Cross	5km Run -	Rest Day	7km Run -	Strength	7km Run -	12km Run-
Recovery		Training	Easy		Easy	Training	Easy	Long Run
14	10 th April	Cross	8km Run -	Rest Day	8km Run –	Strength	8km Run -	15km Run-
		Training	Intervals		Hill Repeats	Training	Tempo	Long Run
15	17 th April	Cross	10km Run -	Rest Day	9km Run –	Strength	8km Run -	17km Run-
	a eth e	Training	Intervals		Hill Repeats	Training	Tempo	Long Run
16 Recovery	24 th April	Cross	7km Run –	Rest Day	7km Run -	Strength	7km Run -	12km Run-
	1 St N / 2 / /	Training	Easy	Post Day	Class Burn	Training	Easy	Long Run
17	1 st May	Cross Training	10km Run - Intervals	Rest Day	9km Run – Hill Repeats	Strength Training	8km Run -	18km Run- Long Run
18	8 th May	Cross	10km Run -	Rest Day	9km Run -	Strength	Tempo 8km Run -	19km Run-
10	- O Iviay	Training	Intervals	Nest Day	Hill Repeats	Training	Tempo	Long Run
19	15 th May	Cross	7km Run -	Rest Day	7km Run -	Strength	5km Run -	12km Run-
Taper	Taper	Training	Fartlek		Tempo	Training	Tempo	Long Run
20	22 nd May	Strength	5km Run -	Rest Day	Cross	Rest Day	3km Run -	21.1km Run-
		Training	Tempo		Training		Fartlek	SARRC Barossa
								Half Marathon