



2024 BAROSSA L2 HALF MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 th Jan	Cross Training	6km Run - Fartlek	Rest Day	6km Run - Tempo	Strength Training	5km Run - Tempo	11km Run- Long Run
2	15 th Jan	Cross Training	7km Run - Fartlek	Rest Day	7km Run - Tempo	Strength Training	5km Run - Tempo	12km Run- Long Run
3 <i>Recovery</i>	22 th Jan	Cross Training	5km Run - Easy	Rest Day	6km Run - Easy	Strength Training	5km Run - Easy	8km Run- Long Run
4	29 th Jan	Cross Training	8km Run - Fartlek	Rest Day	7km Run - Tempo	Strength Training	6km Run - Tempo	13km Run- Long Run
5 <i>Race</i>	5 th Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run- SARRC Dolphin Run
6	12 th Feb	Cross Training	5km Run - Easy	Rest Day	7km Run – Hill Repeats	Strength Training	6km Run - Tempo	14km Run- Long Run
7	19 th Feb	Cross Training	7km Run - Intervals	Rest Day	7km Run – Hill Repeats	Strength Training	7km Run - Tempo	15km Run- Long Run
8 <i>Race</i>	26 th Feb	Strength Training (Optional)	5km Run - Easy	Rest Day	3km Run - Fartlek	5km Run- SARRC Park Stampede	6km Run – Easy (Optional)	12km Run- Long Run
9	4 th March	Cross Training	8km Run - Intervals	Rest Day	8km Run – Hill Repeats	Strength Training	8km Run - Tempo	16km Run- Long Run
10	11 th March	Cross Training	8km Run - Intervals	Rest Day	8km Run – Hill Repeats	Strength Training	8km Run - Tempo	18km Run- Long Run
11	18 th March	Cross Training	8km Run - Intervals	Rest Day	8km Run – Hill Repeats	Strength Training	8km Run - Tempo	19km Run- Long Run
12 <i>Taper</i>	25 th March	Cross Training	7km Run - Intervals	Rest Day	7km Run – Hill Repeats	Strength Training	7km Run - Tempo	12km Run- Long Run
13 <i>Race</i>	1 st April	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21km Run- SARRC Clare Half Marathon
14 <i>Recovery</i>	8 th April	Cross Training	5km Run - Easy	Rest Day	7km Run – Easy	Strength Training	7km Run - Easy	12km Run- Long Run
15	15 th April	Cross Training	7km Run - Intervals	Rest Day	7km Run – Hill Repeats	Strength Training	7km Run - Tempo	15km Run- Long Run
16	22 th April	Cross Training	8km Run – Intervals	Rest Day	9km Run – Hill Repeats	Strength Training	8km Run - Tempo	21km Run- Long Run
17	29 th April	Cross Training	10km Run - Intervals	Rest Day	9km Run – Hill Repeats	Strength Training	8km Run - Tempo	23km Run- Long Run
18	6 th May	Cross Training	10km Run - Intervals	Rest Day	9km Run - Hill Repeats	Strength Training	8km Run - Tempo	25km Run- Long Run
19 <i>Taper</i>	13 th May	Cross Training	7km Run - Intervals	Rest Day	7km Run - Tempo	Strength Training	5km Run - Tempo	12km Run- Long Run
20 <i>Race</i>	20 th May	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21.1km Run- SARRC Barossa Half Marathon

