



2023 BAROSSA L3 HALF MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	9 th Jan	Strength Training	7km Run - Fartlek	6km Run – Absorption	6km Run - Tempo	Rest Day	5km Run - Tempo	11km Run-Long Run
2	16 th Jan	Strength Training	7km Run - Fartlek	7km Run – Absorption	7km Run - Tempo	Rest Day	5km Run - Tempo	12km Run-Long Run
3 <i>Recovery</i>	23 rd Jan	Strength Training	5km Run - Easy	Cross Training	6km Run - Easy	Rest Day	5km Run - Easy	8km Run-Long Run
4	30 th Jan	Strength Training	7km Run - Intervals	7km Run – Absorption	8km Run - Tempo	Rest Day	7km Run - Tempo	13km Run-Long Run
5 <i>Race</i>	6 th Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Dolphin Run
6	13 th Feb	Strength Training	7km Run - Recovery	7km Run – Absorption	7km Run – Hill Repeats	Rest Day	8km Run - Tempo	14km Run-Long Run
7	20 th Feb	Strength Training	8km Run - Intervals	7km Run – Absorption	8km Run – Hill Repeats	Rest Day	8km Run - Tempo	15km Run-Long Run
8 <i>Race</i>	27 th Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	5km Run-SARRC Park Stampede
9	6 th March	Strength Training	7km Run - Recovery	7km Run – Absorption	8km Run – Hill Repeats	Rest Day	9km Run - Tempo	16km Run-Long Run
10	13 th March	Strength Training	9km Run - Intervals	7km Run – Absorption	9km Run – Hill Repeats	Rest Day	9km Run - Tempo	18km Run-Long Run
11 <i>Taper</i>	20 th March	Strength Training	7km Run – Intervals	Cross Training	7km Run - Hill Repeats	Rest Day	7km Run - Tempo	12km Run-Long Run
12 <i>Race</i>	27 th 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 rd April	Strength Training	6km Run - Recovery	Cross Training	7km Run - Easy	Rest Day	7km Run - Easy	12km Run-Long Run
14	10 th April	Strength Training	10km Run - Intervals	7km Run – Absorption	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	19km Run-Long Run
15	17 th April	Strength Training	10km Run - Intervals	7km Run – Absorption	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	21km Run-Long Run
16 <i>Recovery</i>	24 th April	Strength Training	7km Run - Easy	Cross Training	7km Run - Easy	Rest Day	7km Run - Easy	15km Run-Long Run
17	1 st May	Strength Training	12km Run - Intervals	7km Run – Absorption	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	23km Run-Long Run
18	8 th May	Strength Training	12km Run - Intervals	7km Run – Absorption	10km Run - Hill Repeats	Rest Day	10km Run - Tempo	25km Run-Long Run
19 <i>Taper</i>	15 th May Taper	Strength Training	7km Run - Fartlek	Cross Training	7km Run - Tempo	Rest Day	5km Run - Tempo	12km Run-Long Run
20 <i>Race</i>	22 nd May	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21.1km Run-SARRC Barossa Half Marathon

