

## 2021 BAROSSA L1 HALF MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	11 <sup>th</sup> Jan	Cross Training	5km Run - Easy	Rest Day	5km Run - Easy	Rest Day	Strength Training	11km Run-Long Run
2	18 <sup>th</sup> Jan	Cross Training	5km Run - Easy	Rest Day	5km Run - Easy	Rest Day	Strength Training	12km Run-Long Run
3	25 <sup>th</sup> Jan	Cross Training	5km Run - Easy	Rest Day	5km Run - Easy	Rest Day	Strength Training	8km Run-Long Run
4	1 <sup>st</sup> Feb	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Tempo	13km Run-Long Run
5	8 <sup>th</sup> Feb	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Dolphin Run
6	15 <sup>th</sup> Feb	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	14km Run-Long Run
7	22 <sup>nd</sup> Feb	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	15km Run-Long Run
8	1 <sup>st</sup> March	Cross Training	6km Run – Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	16km Run-Long Run
9	8 <sup>th</sup> March	Strength Training	5km Run - Easy	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Park Stampede
10	15 <sup>th</sup> March	Cross Training	7km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	17km Run-Long Run
11	22 <sup>nd</sup> March	Cross Training	7km Run – Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	18km Run-Long Run
12	29 <sup>th</sup> March	Cross Training	7km Run – Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	19km Run-Long Run
13	5 <sup>th</sup> April	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	12km Run-Long Run
14	12 <sup>th</sup> April	Strength Training	5km Run - Easy	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21.1km Run-SARRC Clare Half Marathon
15	19 <sup>th</sup> April	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	12km Run-Long Run
16	26 <sup>th</sup> April	Cross Training	7km Run – Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	17km Run-Long Run
17	3 <sup>rd</sup> May	Cross Training	7km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	5km Run - Tempo	32km Run-Long Run
18	10 <sup>th</sup> May	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	18km Run-Long Run
19	17 <sup>th</sup> May	Cross Training	6km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run-Long Run
20	24 <sup>th</sup> May	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21.1km Run-SARRC Barossa Half Marathon