

Two Oceans Training Program Sub: 2 hour

Races is in red

"If at first you don't succeed, try, try, try, try, try again."-Michael Chang

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Am: 20min	REST	Am: Core Conditioning Pm: 25min easy	Am: Mid week Long run 40min	Am: 30min easy	Am: Yoga or light stretch session Pm: REST	Am: 30min easy
5	6	7	8	9	10	11
Am: 15km or Kudus 15km	REST	Am: Core Conditioning Pm: 30min easy	Am: Mid week Long run 45min	Am: Gym circuit Pm: 15min jog 3x1min pick up with 1min jog rest 10min jog	Am: Yoga or light stretch session Pm: REST	Am: easy 10km on your own
12	13	14	15	16	17	18
Discem Half marathon OR 5km	REST	Am: Core Conditioning Pm: 30 min light jog 5x30s hill repeats. Walk down rest	Am: Mid week Long run 50min	Am: Gym circuit Pm: 15min jog 3x1min pick up with 1min jog rest 10min jog	Am: Yoga or light stretch session	PWC GEORGE LAASEN 10KM
19	20	21	22	23	24	25
Bobbies 25km-Just do the 10km OR light 10km run on your own	REST	Am: Core Conditioning Pm: 35 min easy jog With 8x30s hill repeats. Walk down rest	Am: Mid week Long run 60min	Am: Gym circuit Am: 10min jog 5x1min with 1min pick up with 1min walk or run recovery 10min jog	Am: Yoga or light stretch session	AKASIA 3 IN 1 10km or just easy 10km on your own
26	27	28	29	30	31	
Johnsons Crane 10,5km OR 15km easy run	REST	Am: Core Conditioning Pm: 35 min easy jog With 10x30s hill repeats. Walk down rest	Am: Mid week Long run 70min	Am: Gym circuit Am: 10min jog 8x1min with 1min pick up with 2min walk or run recovery 10min jog	Am: Yoga or light stretch session	

FEBRUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Mcarthy Toyota Half marathon
2	3	4	5	6	7	8
20-30min easy	REST	Am: Core Conditioning Pm: 35 min easy jog 5x45s hill repeats walk down rest	Am: Mid week Long run 80min	Am: Gym circuit Am: 10min jog 5x2min with 1min pick up with 2min walk or run recovery 10min jog	Am: Yoga or light stretch session	Bronhorstspruit 10km
9	10		12	13	14	15
ZOO trot 5km OR 30 min easy	REST	Am: Core Conditioning Pm: 40 min easy jog 8x45s hill repeats. Walk down rest.	Am: Mid week Long run 90min	Am: Gym circuit Am: 10min jog 8x2min with 1min pick up with 2min walk or run recovery 10min jog	Am: Yoga or light stretch session	BestMED Tuks Race Half marathon
16	17	18	19	20	21	22
20-30min easy	REST	Am: Core Conditioning Pm: 40 min easy jog	Am: Mid week Long run 80min	Am: Gym circuit Am: 10min jog	Am: Yoga or light stretch session	Deloitte 10km
		With 10x45s hill repeats. Walk down rest		3x3min, 2min, 1min pick ups same time rest walk or run recovery 10min jog		
23	24		26	27	28	
30 min easy	REST	Am: Core Conditioning Pm: 45 min easy jog 5x60s hill repeats. Walk down rest	Am: Mid week Long run 70min	Am: Gym circuit Am: 5min jog 3x4min, 3min, 2min, 1min pick ups with 2min walk or run recovery 5min jog	Am: Yoga or light stretch session	

MARCH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Medihelp Sunrise Monster 32km
2	3	4	5	6	7	8
REST	REST	Am: Core Conditioning Pm: 40min easy jog With 8x60s hill repeats. Walk down rest	60min easy jog	Am: Gym circuit Am: 5min jog 2x5min, 4min, 3min, 2min, 1min pick up with 2min walk or run recovery 5min jog	Am: Yoga or light stretch session	20min easy
9	10	11	12	13	14	15
Sarens Edenvale Half marathon 21,1km	REST	Am: Core Conditioning Pm: 40 min easy jog With 10x60s strides on hill. Walk down rest	50min easy jog	Am: Gym circuit Am: 10min jog 1x10min, 2x5min, 2x3min, 2x1min pick up with 3min with 2min walk or run recovery 10min jog	Am: Yoga or light stretch session	40min easy jog with 3x60s acceleration @5min p/km. (It's faster than race pace)
16	17	18	19	20	21	22
60min easy jog	REST	Am: Core Conditioning Pm: 35 min easy jog With 5x90s strides on hill. Jog down rest	45min easy jog	Am: Gym circuit Am: 10min jog 5x4min pick up with 2min walk or run recovery	Am: Yoga or light stretch session	Deneval Freedom Day 10km
23	24	25	26	27	28	29
50min easy jog	REST	Am: Core Conditioning Pm: 35 min easy jog With 5x2min hill repeats. Jog down rear	40min easy jog	Am: Gym circuit Am: 10min jog 5x3min pick up with 2min walk or run recovery 10min jog	Am: Yoga or light stretch session	Pick n Pay and The Grove 5 km OR 30min easy
30	31					
Jackie Gibson Half Marathon	REST					

APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Am: Core Conditioning Pm: 30 min easy jog 3x2min ,3x90s,3x60s, 3x30s hill repeats. Jog down rest	40min easy jog	Am: Gym circuit Am: 10min jog 5x2min with 2min walk or run recovery 10min jog	Am: Yoga or light stretch session	Mazda Athletic Club 10km
6	7	8	9	10	11	12
20-30min easy	REST	Am: Core Conditioning Pm: 30 min easy jog 2x2min ,2x90s,3x60s, 2x30s hill repeats. Jog down rest	40min easy jog	Am: Gym circuit Am: 10min jog 5x1min with 1min pick up with 2min walk or run recovery 10min jog	Am: Yoga or light stretch session	40min easy jog with 3x60s acceleration @5min p/km. (It's faster than race pace)
13	14	15	16	17	18	19
35min easy jog	REST	Am: Core Conditioning Pm: 20 min easy jog	Noordheuwel 10km night race	REST	REST or easy 20min jog.	
20	21	22	23	24	25	26
REST	REST	REST	20min easy	30min easy	Am: Yoga or light stretch session	REST
27	28	29	30			
Sportmans Warehouse Cradle	REST	Am: Core Conditioning Pm: 35 min easy jog	Am: 60 min easy.			