

# Geelong Half Marathon Advanced 7km Program



## By Geelong Performance Coaching

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	30min easy jog	Day Off or Optional Strength & Conditioning Work	<b>30min Pace Set:</b> 5mins easy + 20mins as 1min steady pace + 1min easy pace + 5mins easy	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	40min easy jog	Day Off or Optional Strength & Conditioning Work
Week 2	30mins easy jog	<b>45mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off or Optional Strength & Conditioning Work	<b>30min Pace Set:</b> 5mins easy + 20mins as 1min hard pace + 1min easy pace + 5mins easy	<b>45mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off or Optional Strength & Conditioning Work	45mins easy jog incl. some hills
Week 3	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	30mins easy jog	Day Off	<b>50min Pace Set:</b> 5mins easy + 40mins as 1min steady pace + 1min hard pace + 1min easy pace + 5mins easy	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off or Optional Strength & Conditioning Work	<b>60min Hill Reps Set:</b> 60min easy jog incl. 5 sets of 200 hill or stair reps + recovery down the hill
Week 4	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	40mins easy jog	<b>60min Pace Set:</b> 5mins easy + 50mins as 2min hard pace + 1min easy pace + 5mins easy	Day Off	60mins easy jog incl. some hills	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>8km Pace Set:</b> 2km easy jog + 4km hard pace + 2km easy jog
Week 5	60min easy jog	Day Off or Optional Strength & Conditioning Work	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>75min Pace Set:</b> 75mins easy jog incl. 10 sets of 30sec hard + 90sec easy	Day Off	<b>5km Parkrun or Time Trial:</b> Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts. Cool Down is 5mins easy jog	<b>60min Hill Reps Set:</b> 60min easy jog incl. 8 sets of 200 hill or stair reps + recovery down the hill
Week 6	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>10km Pace Set:</b> 3km easy jog + 5km steady to hard pace + 2km easy jog	60min easy jog	Day Off or Optional Strength & Conditioning Work	<b>12km Pace Set:</b> Warm Up is 3km easy jog. 7km as 60sec max + 60sec easy. Cool Down is 2km easy jog	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	12km easy jog on flat path
Week 7	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>14km Pace Set:</b> 4km easy jog + 7km hard pace + 3km easy jog	Day Off	30min easy jog	Day Off	<b>Race Prep:</b> 30mins easy jog incl. 10 sets of 100m accelerating pace + walk recovery	<b>Race Day:</b> Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts.