

# Geelong Half Marathon Intermediate 21.1km Program

By Geelong Performance Coaching



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	30min easy jog	Day Off or Optional Strength & Conditioning Work	<b>45min Pace Set:</b> 45min easy jog incl. 10 sets of 30sec hard pace + 90sec easy pace	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	60min easy jog on flat	Day Off
Week 2	60mins easy jog on flat	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off or Optional Strength & Conditioning Work	<b>45min Pace Set:</b> 45min easy jog incl. 10 sets of 1min hard pace + 1min easy pace	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off	<b>60min Hill Reps Set:</b> 60min easy jog incl. 10 sets of 200 hill or stair reps + practice downhill
Week 3	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	30mins easy jog	Day Off or Optional Strength & Conditioning Work	<b>60min Pace Set:</b> 60min easy jog incl. 10 sets of 2min hard pace + 1min easy pace	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	Day Off	<b>60min Hill Reps Set:</b> 60min easy jog incl. 8 sets of 200 hill or stair reps + practice downhill
Week 4	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	60mins easy jog	<b>AM Set:</b> 30min easy jog <b>PM Pace Set:</b> 45min easy jog incl. 10 sets of 2min hard pace + 1min easy pace	Day Off or Optional Strength & Conditioning Work	<b>AM Set:</b> 30min easy jog <b>PM Pace Set:</b> 45min easy jog incl. some hills	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>15km Pace Set:</b> 5km easy jog + 6km race pace + 4km easy jog
Week 5	75min easy jog	Day Off or Optional Strength & Conditioning Work	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>AM Set:</b> 30mins easy jog <b>PM Pace Set:</b> 60mins easy jog incl. 10 sets of 2min race pace + 1min easy	Day Off	<b>5km Parkrun or Time Trial- 15km Set:</b> Warm Up 5km easy jog with 5 sets of 10sec accel. efforts. Cool Down 5km easy jog	<b>60min Hill Reps Set:</b> 75min easy jog incl. 10 sets of 200 hill or stair reps + practice the downhill
Week 6	90min easy jog	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>AM Set:</b> 30min easy jog <b>PM Set:</b> 60min easy jog	Day Off or Optional Strength & Conditioning Work	<b>18km Pace Set:</b> Warm Up is 5km easy jog. 8km as 60sec max + 60sec easy. Cool Down is 5km easy jog	<b>60mins Easy Cross Training:</b> swim, cycle, row or power walk	<b>AM Set:</b> 10km easy jog incl. 10 sets of 30sec hard + 90sec easy <b>PM Set:</b> 5km easy jog on flat
Week 7	<b>30mins Easy Cross Training:</b> swim, cycle, row or power walk	10km easy jog on flat	Day Off	<b>10km Pace Set:</b> Incl. 10 sets of 30sec hard pace + 90sec easy pace	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.