

Geelong Half Marathon Intermediate 7km Program



By Geelong Performance Coaching

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week1	30mins Easy Cross Training: swim, cycle, row or power walk	30min easy jog	Day Off	30min Pace Set: 5mins easy + 20mins as 1min steady pace + 1min easy pace + 5mins easy	30mins Easy Cross Training: swim, cycle, row or power walk	30min easy jog	Day Off
Week 2	30mins easy jog	30mins Easy Cross Training: swim, cycle, row or power walk	Day Off	30min Pace Set: 5mins easy + 20mins as 1min hard pace + 1min easy pace + 5mins easy	45mins Easy Cross Training: swim, cycle, row or power walk	Day Off	30mins easy jog incl. some hills
Week 3	45mins Easy Cross Training: swim, cycle, row or power walk	30mins easy jog	Day Off	40min Pace Set: 5mins easy + 30mins as 1min steady pace + 1min easy pace + 5mins easy	45mins Easy Cross Training: swim, cycle, row or power walk	Day Off	40mins easy jog
Week 4	60mins Easy Cross Training: swim, cycle, row or power walk	40mins easy jog	40min Pace Set: 5mins easy + 30mins as 2min hard pace + 1min easy pace + 5mins easy	Day Off	45mins easy jog incl. some hills	60mins Easy Cross Training: swim, cycle, row or power walk	8km Pace Set: 2km easy jog + 4km hard pace + 2km easy jog
Week 5	45min easy jog	Day Off	60mins Easy Cross Training: swim, cycle, row or power walk	40min easy jog	Day Off	5km Parkrun or Time Trial: Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts. Cool Down is 5mins easy jog	60mins Easy Cross Training: swim, cycle, row or power walk
Week 6	Day Off	60mins easy jog	10km Pace Set: 3km easy jog + 5km steady to hard pace + 2km easy jog	Day Off	5km Pace Set: Warm Up is 2km easy jog. 2km as 30sec max + 90sec easy. Cool Down is 1km easy jog	60mins Easy Cross Training: swim, cycle, row or power walk	12km easy jog on flat path
Week 7	30mins Easy Cross Training: swim, cycle, row or power walk	12km Pace Set: 3km easy jog + 7km steady to hard pace + 2km easy jog	Day Off	30min easy jog	Day Off	Race Prep: 30mins easy jog incl. 10 sets of 100m accelerating pace + walk recovery	Race Day: Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts.