

This 16-week training programme, designed by running technique coach and owner of Off The Mark Sean Tait, will ensure you're physically prepared and give you the confidence you need to break two hours on race day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1 Rest	Easy Run: 30min 30min @6.00-6.45	Rest	Easy Run: 25min 25min @6.00-6.45	Hill Reps: 40min 10min @6.00-6.45, 5 x (3min @7/10 effort up, 2min 30sec easy down), cool down @+/- 7.00	Rest	Long Run: 55min 55min @6.00-6.45	2hr30
2 Rest	Easy Run: 35min 35min @6.00-6.45	Rest	Easy Run: 30min 30min @6.00-6.45	Hill Reps: 40min 10min @6.00-6.45, 4 x (4min @7/10 effort up, 3min 30sec easy down), cool down @+/- 7.00	Rest	Long Run: 1hr 1hr @6.00-6.45	2hr45
3 Rest	Easy Run: 40min 40min @6.00-6.45	Rest	Easy Run: 35min 35min @6.00-6.45	Tempo Run: 35min 10min @6.00-6.45, 15min @5.20-5.30, 10min cool down @+/- 7.00	Rest	Long Run: 1hr10 1hr10 @6.00-6.45	3hr
4 Rest	Easy Run: 35min 35min @6.00-6.45	Rest	Easy Run: 30min 30min @6.00-6.45	Hill Reps: 45min 10min @6.00-6.45, 8 x (2min @7/10 effort up, 2min easy down), cool down @+/- 7.00	Rest	Long Run: 1hr 1hr @6.00-6.45	2hr50
5 Rest	Tempo Intervals: 45min 10min @6.00-6.45, 3 x (8min @5.15-5.25, 3min @6.00-6.45), cool down @+/- 7.00	Rest	Easy Run: 40min 40min @6.00-6.45	Hill Reps: 45min 10min @6.00-6.45, 6 x (3min @7/10 effort up, 2min 30sec easy down), cool down @+/- 7.00	Rest	Long Run: 1hr15 1hr15 @6.00-6.45	3hr25
6 Rest	Tempo Run: 40min 10min @6.00-6.45, 20min @5.20-5.30, cool down 10min @+/- 7.00	Rest	Easy Run: 40min 40min @6.00-6.45	Hill Reps: 50min 10min @6.00-6.45, 5 x (4min @7/10 effort up, 3min 30sec easy down), cool down @+/- 7.00	Rest	Long Run: 1hr30 1hr30 @6.00-6.45	3hr40
7 Rest	Tempo Intervals: 55min 10min @6.00-6.45, 3 x (10min @5.15-5.25, 4min @6.00-6.45), cool down @+/- 7.00	Rest	Easy Run: 40min 40min @6.00-6.45	Hill Reps: 45min 10min @6.00-6.45, 3 x (6min @7/10 effort up, 5min easy down), cool down @+/- 7.00	Rest	Long Run: 1hr40 1hr40 @6.00-6.45	4hr
8 Rest	Tempo Run: 40min 10min @6.00-6.45, 20min @5.20-5.30, cool down 10min @+/- 7.00	Rest	Easy Run: 40min 40min @6.00-6.45	Hill Reps: 50min 10min @6.00-6.45, 4 x (5min @7/10 effort up, 4min easy down), cool down @+/- 7.00	Rest	Long Run: 1hr10 1hr10 @6.00-6.45	3hr20
9 Rest	Speed Intervals: 1hr05 15min @6.00-6.45 + dynamic warm-up, 8 x (800m @5.05-5.10, 2min walk recovery), cool down @+/- 7.00	Rest	Easy Run: 45min 45min @6.00-6.45	Tempo Intervals: 55min 10min @6.00-6.45, 4 x (8min @5.15-5.25, 2min @6.00-6.45), cool down @+/- 7.00	Rest	Long Run: 1hr35 1hr35 @6.00-6.45	4hr20
10 Rest	Speed Intervals: 1hr 15min @6.00-6.45 + dynamic warm-up, 6 x (1km @5.05-5.10, 2min walk recovery) cool down @+/- 7.00	Rest	Easy Run: 50mins 50min @6.00-6.45	Tempo Intervals: 55min 10min @6.00-6.45, 2 x (15min @5.20-5.30, 5min @6.00-6.45), cool down @+/- 7.00	Rest	Long Run: 1hr50 1hr50 @6.00-6.45	4hr35
11 Rest	Speed Intervals: 1hr10 15min @6.00-6.45 + dynamic warm-up, 10 x (600m @5.00-5.05, 2min walk recovery), cool down 10min @+/- 7.00	Rest	Easy Run: 50min 50min @6.00-6.45	Hill Reps: 45min 10min @6.00-6.45, 8 x (2min @7/10 effort up, 2min easy down), cool down @+/- 7.00	Rest	Long Run: 2hr 2hr @6.00-6.45	4hr45
12 Rest	Tempo Run: 50min 10min @6.00-6.45, 30min @5.20-5.30, cool down 10min @+/- 7.00	Rest	Easy Run: 50min 50min @6.00-6.45	Hill Reps: 50min 10min @6.00-6.45, 6 x (3min @7/10 effort up, 3min easy down), cool down @+/- 7.00	Rest	Long Run: 1hr30 1hr10 @6.00-6.45	4hr
13 Rest	Speed Intervals: 1hr 15min @6.00-6.45 + dynamic warm-up, 6 x (1200m @5.05-5.10, 2min walk recovery), cool down @+/- 7.00	Rest	Easy Run: 50min 50min @6.00-6.45	Tempo Intervals: 1hr 10min @6.00-6.45, 2 x (20min @5.20-5.30, 5min @6.00-6.45), cool down @+/- 7.00	Rest	Race Simulation: 2hr 25min @6.00-6.45, 70min @5.35-5.40, 25min @6.00-6.45	4hr50
14 Rest	Speed Intervals: 1hr05 15min @6.00-6.45 + dynamic warm-up, 8 x (800m @5.00-5.05, 2min walk recovery), cool down @+/- 7.00	Rest	Easy Run: 50min 50min @6.00-6.45	Easy Run: 1hr 1hr @6.00-6.45	Rest	10km Race: Similar terrain to your half marathon Warm up well. Finish: 52-53min	4hr05
15 Rest	Hill Reps: 45min 10min @6.00-6.45, 8 x (2min @8/10 effort up, 2min easy down), cool down @+/- 7.00	Rest	Easy Run: 50min 50min @6.00-6.45	Speed Intervals: 1hr 15min @6.00-6.45 + dynamic warm-up, 6 x (1km @5.00-5.05, 2min walk recovery), cool down @+/- 7.00	Rest	Long Run: 1hr 30min @6.00-6.45, 20min @5.35-5.40, 10min @6.00-6.45	3hr35
16 Rest	Tune-up Run: 50min 10min @6.00-6.45, 4 x (1200m @5.35-5.40, 2min walk recovery), cool down @+/- 7.00	Rest	Easy Run: 35min 35min @6.00-6.45	Easy Run: 25min 25min @6.00-6.45	Rest	Race day! Target Pace: 5:35-5:40	3hr50

KEY TRAINING SESSIONS

Long run: Run for two hours at moderate intensity.
Race pace: Practise running at 5.40/km.
Tempo run: Run 10 to 15 seconds faster per kilometre than race pace, to make that race pace seem a lot more comfortable.
Speedwork: Short, hard reps open up your legs, improve speed, and again, make race pace seem a lot more comfortable. (If you're new to running, tread carefully; increasing intensity could put you at higher risk of injury. Limit the amount of sessions you do, and build up slowly.)
Recovery: By running at a relatively low-stress pace, you'll still build mileage, but allow your body to recover.
Hill repeats: Strength train while you run! Hills force your muscles to contract to a greater intensity, which conditions them for running on any terrain. Try to run up each hill at a consistent pace. Running back down at an easy pace will help you recover before the next repeat. The best way to monitor your progression is to train on the same hill each time.

DYNAMIC WARM-UP

High knees: On the spot, combine the typical running motion with exaggerated knee lifts to waist height. Repeat for 40 metres.
Butt kicks: Stand with your legs shoulder-width apart. Your arms should be bent at your sides. Flex the right knee and kick your right heel up toward your glutes. Bring the right foot back down. Alternating with the left leg, repeat for 40 metres.
Skiing: Skip forwards for 40 metres, raising your knees as high as you can, then skip forwards for a further 40 metres trying to cover as much distance as you can.
Gallop: Gallop sideways for 80 metres, changing direction at half way.
Grapevine... for 80 metres, changing direction at half way (for a demonstration visit: runnersworld.co.za/caricoca).
Walking lunges... for 40 metres, followed by squats interspersed with three steps forwards for the remaining 40 metres.



Strong To Run

Supplement your training programme with these strength and flexibility exercises. Perform two to three times per week, either on your rest- or easy-run day.



SIDE PLANK

Reps: 3 x 20sec to 30sec per side.
Progression: Keep top foot raised and separated from the bottom.
Purpose: Develops core stability with special focus on your obliques (side abs).

HIP EXTENSIONS

Reps: 3 x 18 to 3 x 20 per side.
Progression: Attach a resistance band between your heel and a pole in front of you.
Purpose: Activates your glutes and improves hip mobility.



BIRD DOG

Reps: 3 x 20sec to 3 x 60sec per side.
Progression: Pulse up and down slightly with the extended limbs.
Purpose: Develops strength down the back of your lower body.

Run with RW!

The half marathon is the most popular distance in South Africa, and the Two Oceans is the biggest. Here are four more half marathons to start planning for in 2018:

START TRAINING

Half Marathon	Race Day	Start
Knysna	15 July	26 March
Irene Spring	29 Sep	11 June
Gun Run	7 Oct	18 June
Soweto	4 Nov	16 July