



## 2024 PREPD ADELAIDE MARATHON FESTIVAL L2 HALF MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>Recovery</b>	27 <sup>th</sup> May	Cross Training	5km Run – Easy Recovery	Rest Day	6km Run - Easy Recovery	Strength Training	5km Run - Easy Recovery	7km Run-Long Run
<b>2</b>	3 <sup>rd</sup> Jun	Cross Training	6km Run - Fartlek	Rest Day	6km Run - Tempo	Strength Training	5km Run - Tempo	11km Run-Long Run
<b>3</b>	10 <sup>th</sup> Jun	Cross Training	7km Run - Fartlek	Rest Day	7km Run - Tempo	Strength Training	5km Run - Tempo	12km Run-Long Run
<b>4</b>	17 <sup>th</sup> Jun	Cross Training	7km Run - Intervals	Rest Day	7km Run - Tempo	Strength Training	6km Run - Tempo	13km Run-Long Run
<b>5</b> <b>Recovery</b>	24 <sup>th</sup> Jun	Cross Training	5km Run – Easy Recovery	Rest Day	6km Run - Easy Recovery	Strength Training	5km Run - Easy Recovery	9km Run-Long Run
<b>6</b>	1 <sup>st</sup> Jul	Cross Training	8km Run - Intervals	Rest Day	7km Run – Hill Repeats	Strength Training	7km Run - Tempo	14km Run-Long Run
<b>7</b>	8 <sup>th</sup> Jul	Cross Training	8km Run - Intervals	Rest Day	8km Run – Hill Repeats	Strength Training	7km Run - Tempo	15km Run-Long Run
<b>8</b>	15 <sup>th</sup> Jul	Cross Training	9km Run - Intervals	Rest Day	8km Run – Hill Repeats	Strength Training	8km Run - Tempo	16km Run-Long Run
<b>9</b> <b>Race</b>	22 <sup>nd</sup> Jul	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Hills to Henley
<b>10</b>	29 <sup>th</sup> Jul	Cross Training	10km Run - Intervals	Rest Day	9km Run – Hill Repeats	Strength Training	8km Run - Tempo	17km Run-Long Run
<b>11</b>	5 <sup>th</sup> Aug	Cross Training	10km Run – Intervals	Rest Day	9km Run - Hill Repeats	Strength Training	8km Run - Tempo	19km Run-Long Run
<b>12</b> <b>Taper</b>	12 <sup>th</sup> Aug	Cross Training	7km Run – Intervals	Rest Day	7km Run - Tempo	Strength Training	5km Run - Tempo	12km Run-Long Run
<b>13</b> <b>Race</b>	19 <sup>t</sup> Aug	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21km Run-SARRC Adelaide Half Marathon

