



2023 PREPD ADELAIDE MARATHON FESTIVAL L3 HALF MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Recovery	29 th May	Cross Training	5km Run – Easy Recovery	Rest Day	6km Run - Easy Recovery	Strength Training	5km Run - Easy Recovery	7km Run-Long Run
2	5 th Jun	Strength Training	7km Run - Fartlek	6km Run – Absorption Run	6km Run - Tempo	Rest Day	5km Run - Tempo	11km Run-Long Run
3	12 th Jun	Strength Training	7km Run - Fartlek	7km Run – Absorption Run	7km Run - Tempo	Rest Day	5km Run - Tempo	12km Run-Long Run
4 Recovery	19 th Jun	Strength Training	5km Run – Easy Recovery	Cross Training	6km Run - Easy Recovery	Rest Day	5km Run - Easy Recovery	9km Run-Long Run
5	26 th Jun	Strength Training	7km Run - Intervals	7km Run – Absorption Run	8km Run - Tempo	Rest Day	7km Run - Tempo	13km Run-Long Run
6	3 rd Jul	Strength Training	8km Run - Intervals	7km Run – Absorption Run	7km Run – Hill Repeats	Rest Day	8km Run - Tempo	14km Run-Long Run
7	10 th Jul	Strength Training	8km Run - Intervals	7km Run – Absorption Run	8km Run – Hill Repeats	Rest Day	8km Run - Tempo	15km Run-Long Run
8 Race	17 th Jul	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Hills to Henley
9	24 th Jul	Strength Training	9km Run - Intervals	7km Run – Absorption Run	8km Run – Hill Repeats	Rest Day	9km Run - Tempo	16km Run-Long Run
10	31 st Jul	Strength Training	10km Run - Intervals	7km Run – Absorption Run	9km Run – Hill Repeats	Rest Day	9km Run - Tempo	17km Run-Long Run
11	7 th Aug	Strength Training	10km Run – Intervals	7km Run – Absorption Run	10km Run - Hill Repeats	Rest Day	10km Run - Tempo	19km Run-Long Run
12 Taper	14 th Aug	Strength Training	7km Run – Intervals	Rest Day	7km Run - Tempo	Rest Day	5km Run - Tempo	12km Run-Long Run
13 Race	21 st Aug	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21km Run-SARRC Adelaide Half Marathon

