

2025 ADELAIDE MARATHON FESTIVAL L1 HALF MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	16 th Dec	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	9km Run- Long Run
2	23 rd Dec	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	10km Run- Long Run
3	30 th Dec	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Tempo	11km Run- Long Run
4 <i>Recovery</i>	6 th Jan	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	8km Run- Long Run
5	13 th Jan	Cross Training	5km Run - Tempo	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run- Long Run
6	20 th Jan	Cross Training	6km Run - Tempo	Rest Day	Strength Training	Rest Day	5km Run - Tempo	13km Run- Long Run
7	27 th Jan	Cross Training	6km Run - Tempo	Rest Day	Strength Training	Rest Day	5km Run - Tempo	14km Run- Long Run
8 <i>Race</i>	3 rd Feb	Strength Training (Optional)	Cross Training	Rest Day	3km Run - Fartlek	Rest Day	5km Run – Tempo (Optional)	10km Run- SARRC Semaphore Classic
9	10 th Feb	Cross Training	7km Run – Fartlek	Rest Day	Strength Training	Rest Day	6km Run - Tempo	15km Run- Long Run
10	17 th Feb	Cross Training	7km Run - Fartlek	Rest Day	Strength Training	Rest Day	6km Run - Tempo	16km Run- Long Run
11	24 th Feb	Cross Training	7km Run – Fartlek	Rest Day	Strength Training	Rest Day	6km Run - Tempo	17km Run- Long Run
12 <i>Recovery</i>	3 rd March	Cross Training	5km Run - Tempo	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run- Long Run
13	10 th March	Cross Training	7km Run – Hill Repeats	Rest Day	Strength Training	5km Run- SARRC Park Stampede	Rest Day	18km Run- Long Run
14	17 th March	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	19km Run- Long Run
15 <i>Taper</i>	24 th March	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run- Long Run
16 <i>Race</i>	31 st March	Strength Training (Optional)	5km Run – Tempo	Rest Day	Cross Training	Rest Day	3km Run – Fartlek	21km Run- SARRC Clare Half Marathon
17 <i>Recovery</i>	7 th April	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run- Long Run
18	14 th April	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	8km Run - Tempo	19km Run- Long Run
19 <i>Taper</i>	21 st April	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	12km Run- Long Run
20 <i>Race</i>	28 th April	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21.1km Run- SARRC Adelaide Half Marathon

