

7 SUNSHINE COAST HALF MARATHON
INTERMEDIATE 12-WEEK TRAINING GUIDE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 MAY 29	X-Train 45-60mins	Easy 50mins Free Tuesday Training Alex Surf Club	Rest	Easy 40mins	Rest	Easy 60mins	Rest
2 JUNE 5	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Total 40mins Incl 5 x 60sec hills/jog recovery	Rest	Easy 30mins	Easy 60mins
3 JUNE 12	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 40mins	Rest	Rest	Easy 90mins or half marathon race <i>Practice nutrition/hydration</i>
4 JUNE 19	X-Train or Rest if you raced	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 45mins Incl 6 x 60sec efforts above race pace	Rest	Total 30mins Incl 6 x 60sec efforts at 10km/race pace	Easy 60mins
5 JUNE 26	X-Train 45-60mins	Easy 50mins Free Tuesday Training Alex Surf Club	Rest	Easy 45mins	Rest	Rest	Easy 100mins Race pace last 15mins <i>Practice race day outfit</i>
6 JULY 3	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 45mins Incl 6 x 90sec hills/jog recovery	Rest	Total 40mins Incl 10mins tempo at 10km/race pace	Easy 60mins
7 JULY 10	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 50mins	Rest	Rest	Easy 1hrs45mins Race pace last 15mins <i>Test race day shoes</i>
8 JULY 17	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 5 x 2min race pace efforts	Rest	Total 40mins Incl 4 x 2min efforts at 10km/race pace	Easy 60mins
9 JULY 24	X-Train 45-60mins	Easy 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 50mins	Rest	Rest	Easy 2hrs Race pace last 15mins <i>Test race day everything</i>
10 JULY 31	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 6 x 2min race pace efforts	Rest	Total 30mins Incl 2 x 5 mins tempo at 10km/race pace	Easy 60mins
11 AUG 7	Rest	Flat 60mins Free Tuesday Training Alex Surf Club	Rest	Total 45mins Incl 5 x 60sec above race pace efforts	Rest	Easy 45mins	Easy 30mins
12 AUG 14	Rest	Easy 40mins Free Tuesday Training Alex Surf Club	Rest	Total 30mins Incl 4 x 30sec above race pace efforts	Rest	Easy 10-15mins	<i>Race Day</i>