

# Kilcoole AC Training Programme for the National Half Marathon Sept 3<sup>rd</sup> 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>18th July</u> 10 by 300m	<u>19th July</u>	<u>20th July</u> 8 by 500m reps	<u>21st July</u> 7miles easy run	<u>22nd July</u>	<u>23rd July</u> 6 miles hard run	<u>24th July</u> 14 miles long slow run
<u>25th July</u> 5miles hard run	<u>26th July</u>	<u>27th July</u> 60sec on/off by 4 40sec on/off by 4 30sec on/off by 4	<u>28th July</u> 7miles easy run	<u>29th July</u>	<u>30th July</u> 5 miles easy run	<u>31st July</u>
<u>1st August</u> DLR 10k	<u>2nd August</u>	<u>3rd August</u> 10k/8k fartlek 4mins off/1 min on	<u>4th August</u> 7miles easy run	<u>5th August</u>	<u>6th August</u> 15 miles long slow run (subject to ability)	<u>7th August</u> 4 miles easy run
<u>8th August</u> 12 by 200m hills (Kindlestown Wood)	<u>9th August</u>	<u>10th August</u> 5 mile	<u>11th August</u> 8 miles easy	<u>12th August</u>	<u>13th August</u> 2 hour long slow run Ashford/Glenealy	<u>14th August</u> 6 miles hard
<u>15th August</u> 12 by 300m hills (Kindlestown Wood)	<u>16th August</u>	<u>17th August</u> 7 miles hilly run	<u>18th August</u> 8 miles easy	<u>19th August</u>	<u>20th August</u> 11 miles long slow run (subject to ability)	<u>21st August</u> 6 miles hard
<u>22nd August</u> 10 by 500m	<u>23rd August</u>	<u>24th August</u> 7 miles tempo run	<u>25th August</u> 4 miles easy	<u>26th August</u>	<u>27th August</u> 4miles hard	<u>28th August</u>
<u>29th August</u> 3 miles easy run	<u>30th August</u>	<u>31st August</u> 60sec on/off by 4 40sec on/off by 4 30sec on/off by 4	<u>1st September</u>	<u>2nd September</u> 3 miles easy run	<u>3rd September</u> National Half Marathon Waterford	<u>4th September</u>

This is A&B Group schedule

C Group reduce by 15%  
Others reduce by 30%

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