

**SUB 2 Hour 55 minute Training program for Caroline Wostmann -42km SA.  
Marathon Champs.-By NICK BESTER.**

**Week 1. 3 to 9 Dec. 2012**

Monday: am. 6 km easy  
pm. 6 x 800m repeats @ 2min40s

Tuesday: am: 6 km easy + gym  
pm. 14 km. easy.

Wednesday: am. Tempo run 18km.  
pm. Rest

Thursday: am. 6 km easy + gym  
pm. 14 km. easy.

Friday: am. Short steep hills(1 minute) x 8

Saturday: Race 10 km.

Sunday: 25 kilometer easy long run

**Week 2. 10 to 16 Dec. 2012**

Monday: am. 7 km easy  
pm. Long Hills

Tuesday: am: 7 km easy + gym  
pm. 15 km. easy.

Wednesday: am. Tempo run 20km.  
pm. Rest

Thursday: am. 7 km easy + gym  
pm. 15 km. easy.

Friday: am. 20x200m repeats (average 37sec)

Saturday: Medium run 10 km.

Sunday: 30 kilometer easy long run

**Week 3. 17 to 23 Dec. 2013**

Monday: am. 8 km easy  
pm. 5x1000m @ 3:30 pace

Tuesday: am: 8 km easy + gym  
pm. 16 km. easy.

Wednesday: am. Tempo run 22 km.  
pm. Rest

Thursday: am. 8 km easy + gym  
pm. 16 km. easy.  
Friday: am. Short steep hills (1 minute) x 10  
  
Saturday: Medium run 10 km.  
  
Sunday: 32 kilometer easy long run

**Week 4. 24 to 30 Dec. 2013**

Monday: am. 8 km easy + Gym  
pm.  
  
Tuesday: am: Rest  
pm.  
  
Wednesday: am. Tempo run 15km.  
pm. Rest  
  
Thursday: am. 6 km easy + gym  
pm. 8 km. easy.  
  
Friday: am. 8km. Easy  
  
Saturday: Medium run 21 km.  
  
Sunday: 15 kilometer easy long run

**Week 5. 31 Dec to 6 Jan. 2013**

Monday: am. 8 km easy  
pm. Long Hills  
  
Tuesday: am: 8 km easy + gym  
pm. 16 km. easy.  
  
Wednesday: am. Tempo run 25 km.  
pm. Rest  
  
Thursday: am. 6 km easy + gym  
pm. 14 km. easy.  
Friday: am. Short track (10x 400m @ 80sec)  
  
Saturday: Medium run 15 km.  
  
Sunday: 40 kilometer easy long run

**Week 6. 7 to 13 Jan. 2013**

Monday: am. 6 km easy

pm. Long Track (5x1000m @ 3:30 Pace)

Tuesday: am: 6 km easy + gym  
pm. 14 km. easy.

Wednesday: am. Tempo run 18km.  
pm. Rest

Thursday: am. 6 km easy + gym  
pm. 14 km. easy.

Friday: am. Short track (1 minute)

Saturday: Race 21 km.

Sunday: 15 kilometer easy long run

**Week 7. 14 to 20 Jan. 2013**

Monday: am. 6 km easy  
pm. 50% Gym

Tuesday: am: 6 km easy  
pm. Track 5x1000m @3:30

Wednesday: am. Tempo run 12 km.  
pm. Rest

Thursday: am. 6 km easy + 50% Gym  
pm. 12 km. easy.

Friday: am. Short steep hills(1 minute) x 8

Saturday: Medium run 15 km.

Sunday: 22 kilometer easy long run

**Week 8. 21 to 27 Jan. 2013**

Monday: am. 6 km easy + gym

Tuesday: am: 6 km easy  
pm. 8 km. easy.

Wednesday: am. 12 km Easy  
pm. Rest

Thursday: am. 6 km easy + gym

Friday: am. Short track (1 minute) x 10

Saturday: Medium run 10 km.

Sunday: 15 kilometer easy long run

**Week 1. 28 Jan to 2 Feb. 2013**

Monday: am. 9 km easy

Tuesday: am: 4 X 1000 at 3 minutes 45 seconds /km

Wednesday: am. Easy 10 km.

Thursday: am. 2 x 1000 meter at 3minute 45 seconds

Friday: am. Rest

Saturday: Easy 5 km.

Sunday: SA MARATHON CHAMPS. (2hrs:53min)

**Long track:** 6 X 800 Meter or 5 x 1000 meters or 4 x 1200 meters or 3 x 2000 meters at 5km. race pace. Rest 2 to 5 minutes between reps.

Always warm up 3 km. and cool down 3 km.

**Short track:** 15 X 200 meters or 10 x 400 meters or 12 x 300 meters at 95% effort with one minute rest between reps. Always warm up 3 km. and cool down 3 km.

**Long hills:** 6 x 4 minutes or 7 x 3 minutes or 8 x 2minutes as hard as possible .-Jog down easy and start again.

Always warm up 3 km. and cool down 3 km.

**Short Hills:** 8 to 10 1 minute very steep hill.

**Tempo Run: 21KM. RACE PACE.**

**Easy run: Very, very, very relaxed -Never faster than 4 min 20 sec. per km.**

**Long Run: Very relaxed with several stops for water, coke, etc.**