
SEAWHEEZE 2017 TRAINING CALENDAR

14 WEEKS OF SWEAT



SeaWheeze
HALF MARATHON
2017

WEEK 1: MAY 8 – 14

AAAAND GO.

DAY	ACTIVITY	DURATION
MONDAY MAY 8	EASY RUN	30 MINS
TUESDAY MAY 9	STRENGTHEN YOUR STRIDE WORKOUT	1x EXERTION PHASE 15 MINS
WEDNESDAY MAY 10	INTERVAL RUN	4x30 SEC INTERVALS, 1 MIN WALK RECOVERY
THURSDAY MAY 11	STRENGTHEN YOUR STRIDE WORKOUT	3x EXERTION PHASE 30 MINS
FRIDAY MAY 12	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY MAY 13	LONG RUN	6KM
SUNDAY MAY 14	RECOVERY RUN + YOGA	20 MINS + YOUR FAVOURITE PRACTICE

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WEEK 2: MAY 15 - 21

FEELS GOOD, RIGHT?

DAY	ACTIVITY	DURATION
MONDAY MAY 15	EASY RUN	20 MINS
TUESDAY MAY 16	STRENGTHEN YOUR STRIDE WORKOUT	3x EXERTION PHASE 30 MINS
WEDNESDAY MAY 17	INTERVAL RUN	5x30 SEC INTERVALS, 1 MIN WALK RECOVERY
THURSDAY MAY 18	STRENGTHEN YOUR STRIDE WORKOUT	3x EXERTION PHASE 30 MINS
FRIDAY MAY 19	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY MAY 20	LONG RUN	8KM
SUNDAY MAY 21	RECOVERY RUN + YOGA	20 MINS + YOUR FAVOURITE PRACTICE

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WEEK 3: MAY 22 – 28

NAILED IT.

DAY	ACTIVITY	DURATION
MONDAY MAY 22	EASY RUN	30 MINS
TUESDAY MAY 23	STRENGTHEN YOUR STRIDE WORKOUT	3x EXERTION PHASE 30 MINS
WEDNESDAY MAY 24	INTERVAL RUN	6x30 SEC INTERVALS, 1 MIN WALK RECOVERY
THURSDAY MAY 25	STRENGTHEN YOUR STRIDE WORKOUT	3x EXERTION PHASE 30 MINS
FRIDAY MAY 26	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY MAY 27	LONG RUN	10KM
SUNDAY MAY 28	RECOVERY RUN + YOGA	20 MINS + YOUR FAVOURITE PRACTICE

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WEEK 4: MAY 29 – JUNE 4

ONE MONTH DONE!

DAY	ACTIVITY	DURATION
MONDAY MAY 29	TIME TRIAL RUN	3KM
TUESDAY MAY 30	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY MAY 31	EASY RUN	30 MINS
THURSDAY JUNE 1	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 45 MINS
FRIDAY JUNE 2	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JUNE 3	LONG RUN	6KM
SUNDAY JUNE 4	RECOVERY RUN + YOGA	20 MINS + YOUR FAVOURITE PRACTICE

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AAAH.

DAY	ACTIVITY	DURATION
MONDAY JUNE 5	EASY RUN	35 MINS
TUESDAY JUNE 6	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY JUNE 7	INTERVAL RUN	6x30 SEC INTERVALS, 1 MIN WALK RECOVERY
THURSDAY JUNE 8	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 45 MINS
FRIDAY JUNE 9	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JUNE 10	LONG RUN	11KM
SUNDAY JUNE 11	RECOVERY RUN + YOGA	30 MINS + YOUR FAVOURITE PRACTICE

YOU'RE DOING IT!

DAY	ACTIVITY	DURATION
MONDAY JUNE 12	EASY RUN	30 MINS
TUESDAY JUNE 13	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY JUNE 14	INTERVAL RUN	3x30 SEC INTERVALS, 2 MIN WALK RECOVERY
THURSDAY JUNE 15	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 45 MINS
FRIDAY JUNE 16	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JUNE 17	LONG RUN	13KM
SUNDAY JUNE 18	RECOVERY RUN + YOGA	30 MINS + YOUR FAVOURITE PRACTICE

WEEK 7: JUNE 19 – 25

ALMOST HALFWAY!

DAY	ACTIVITY	DURATION
MONDAY JUNE 19	EASY RUN	35 MINS
TUESDAY JUNE 20	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY JUNE 21	INTERVAL RUN	4x60 SEC INTERVALS, 2 MIN WALK RECOVERY
THURSDAY JUNE 22	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 45 MINS
FRIDAY JUNE 23	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JUNE 24	LONG RUN	15KM
SUNDAY JUNE 25	RECOVERY RUN + YOGA	30 MINS + YOUR FAVOURITE PRACTICE

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WEEK 8: JUNE 26 – JULY 2

FEELING STRONG?

DAY	ACTIVITY	DURATION
MONDAY JUNE 26	TIME TRIAL	3KM
TUESDAY JUNE 27	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY JUNE 28	EASY RUN	35 MINS
THURSDAY JUNE 29	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 60 MINS
FRIDAY JUNE 30	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JULY 1	LONG RUN	11KM
SUNDAY JULY 2	RECOVERY RUN + YOGA	30 MINS + YOUR FAVOURITE PRACTICE

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WEEK 9: JULY 3 – 9

GET OUT THERE!

DAY	ACTIVITY	DURATION
MONDAY JULY 3	EASY RUN	40 MINS
TUESDAY JULY 4	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY JULY 5	INTERVAL RUN	3x60 SEC HILL INTERVALS, JOG DOWN RECOVERY
THURSDAY JULY 6	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 60 MINS
FRIDAY JULY 7	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JULY 8	LONG RUN	16KM
SUNDAY JULY 9	RECOVERY RUN + YOGA	35 MINS + YOUR FAVOURITE PRACTICE

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KEEP GOING!

DAY	ACTIVITY	DURATION
MONDAY JULY 10	EASY RUN	40 MINS
TUESDAY JULY 11	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY JULY 12	INTERVAL RUN	4x60 SEC HILL INTERVALS, JOG DOWN RECOVERY
THURSDAY JULY 13	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 60 MINS
FRIDAY JULY 14	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JULY 15	LONG RUN	18KM
SUNDAY JULY 16	RECOVERY RUN + YOGA	35 MINS + YOUR FAVOURITE PRACTICE

WEEK 11: JULY 17 – 23

LEFT.
RIGHT.
LEFT.
RIGHT.

DAY	ACTIVITY	DURATION
MONDAY JULY 17	EASY RUN	40 MINS
TUESDAY JULY 18	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY JULY 19	INTERVAL RUN	5x60 SEC HILL INTERVALS, JOG DOWN RECOVERY
THURSDAY JULY 20	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 60 MINS
FRIDAY JULY 21	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JULY 22	LONG RUN	20KM
SUNDAY JULY 23	RECOVERY RUN + YOGA	35 MINS + YOUR FAVOURITE PRACTICE

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WEEK 12: JULY 24 – 30

YOU
GOT
THIS.

DAY	ACTIVITY	DURATION
MONDAY JULY 24	TIME TRIAL	3KM
TUESDAY JULY 25	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY JULY 26	EASY RUN	40 MINS
THURSDAY JULY 27	STRENGTHEN YOUR STRIDE WORKOUT	5x EXERTION PHASE 45 MINS
FRIDAY JULY 28	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY JULY 29	LONG RUN	21KM
SUNDAY JULY 30	YOGA	YOUR FAVOURITE PRACTICE

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WEEK 13: JULY 31 – AUG 6

LOOK HOW FAR YOU'VE COME!

DAY	ACTIVITY	DURATION
MONDAY JULY 31	EASY RUN	45 MINS
TUESDAY AUG 1	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY AUG 2	INTERVAL RUN	3x60 SEC INTERVALS, 2 MIN WALK RECOVERY
THURSDAY AUG 3	STRENGTHEN YOUR STRIDE WORKOUT	3x EXERTION PHASE 30 MINS
FRIDAY AUG 4	REST DAY	TAKE IT EASY! YOU EARNED IT.
SATURDAY AUG 5	LONG RUN	10KM
SUNDAY AUG 6	YOGA	YOUR FAVOURITE PRACTICE

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WEEK 14: AUG 7 – 12

IT'S GO TIME.

DAY	ACTIVITY	DURATION
MONDAY AUG 7	EASY RUN	45 MINS
TUESDAY AUG 8	YOGA	YOUR FAVOURITE PRACTICE
WEDNESDAY AUG 9	INTERVAL RUN	6x30 SEC INTERVALS, 1 MIN JOG RECOVERY
THURSDAY AUG 10	STRENGTHEN YOUR STRIDE WORKOUT	1x EXERTION PHASE 15 MINS
FRIDAY AUG 11	YOGA	CHECK YOUR SEAWHEEZE WEEKEND SCHEDULE.
SATURDAY AUG 12	RACE DAY!	21.1KM

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