

DCR Half marathon Schedule

Sess/week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
4 days	REST	DCR Skills	REST	Recovery run. DCR evening run	REST	Tempo run	DCR LR	
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total
1	REST	DCR Skills 3km total. Go easy	REST	3km	REST	Parkrun 3km warm up, 2km TEMPO	6km	17km
2	REST	DCR Skills 3km total Go easy	REST	3km	REST	Parkrun 2.5km warm up, 2.5km TEMPO	7km	18Km
3	REST	DCR Skills 3km total	REST	3km	REST	Parkrun 2km warm up, 3km TEMPO	8km	19Km
4	REST	DCR Skills 4km total	REST	3km	REST	5km	9km	21km
5	REST	DCR Skills 4km total	REST	3km	REST	Parkrun 2.5km warm up, 2.5km TEMPO	5km	17Km
6	REST	DCR Skills 4km total	REST	3km	REST	5km	11km	23Km
7 Step in point	REST	DCR Skills 4km total	REST	3km	REST	5km	13km	25Km
8	REST	DCR Skills 4km total	REST	3km	REST	6km	15km	28Km
9	REST	DCR Skills 4km total	REST	5km	REST	5km	10km	24km
10	REST	DCR Skills 5km total	REST	5km	REST	7km	17km	34km
11	REST	DCR Skills 4km total	REST	5km	REST	10km	10km	29Km
12 taper	REST	DCR Skills 8km total	REST	5km	5km easy	REST	Half Mara	