elitewellbeing
be well. be elite

			18-Mar	25-Mar	1-Apr	8-Apr	15-Apr	22-Apr	29-Apr	6-May	13-May	20-May
MON	Total	Hours										
	AM	AM Hours	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run
		Session	20-40min run. Dependent upon level of fitness. Beginner start at 20min, Intermediate 30min, Advanced 40min. Mix up surfaces	Increase 5min on last week	Maintain same as last week.	Increase 5min on last week	Maintain same as last week	Increase 5min on last week	Maintain same as last week	Increase 5min on last week	Maintain same as last week	30min easy run.
		Time										
	PM	PM Hours										
		Session	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym
		Time										
TUE	Total	Hours										
	AM	AM Hours	Threshold Work	Anaerobic Fartlek	Threshold Work	Anaerobic Fartlek	Threshold Work	Anaerbic Fartlek	Threshold Work	Anaerbic Fartlek	Taper Fartlek	Pre Race Workout
		Session	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 2 or 3 x 5min Tempo efforts. 3min easy jog recovery between. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 4x60sec strong, 60sec float recovery, 4x30sec strong 30sec float recovery. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 2 or 3 x 6min Tempo efforts. 3min easy jog recovery between. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 5x60sec strong, 60sec float recovery, 4x30sec strong 3sec float recovery. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 2 or 3 x 7min Tempo efforts. 3min easy jog recovery between. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 6x60sec strong, 60sec float recovery, 4x30sec strong 30sec float recovery. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 2 or 3 x 8min Tempo efforts. 3min easy jog recovery between. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 6x60sec strong, 60sec float recovery, 4x30sec strong 30sec float recovery. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 3x60sec strong, 60sec float recovery, 4x30sec strong 30sec float recovery, 4x15sec strong 15sec float recovery. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 8min Tempo effort. 4min rest. 5x30sec strong 30sec float recovery. Warm Down: 8min easy run (Aerobic)
		Time										
	PM	PM Hours										
		Session										
		Time										
WED	Total	Hours										
	AM	AM Hours	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning
		Session										
		Time										
	PM	PM Hours										
		Session										
		Time										
THU	Total	Hours										
	AM	AM Hours	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run
		Session	20-40min run. Dependent upon level of fitness. Beginner start at 20min, Intermediate 30min, Advanced 40min. Mix up surfaces	Increase 5min on last week	Maintain same as last week.	Increase 5min on last week	Maintain same as last week	Increase 5min on last week	Maintain same as last week	Increase 5min on last week	Maintain same as last week	20-30min easy run.
		Time										
	PM	PM Hours										
		Session										
		Time										
FRI	Total	Hours										
	AM	AM Hours	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning	Rest from runnning
		Session	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Rest. Travel
		Time										
	PM	PM Hours										
		Session										
		Time										
SAT	Total	Hours										
	AM	AM Hours	Pick Up Tempo Run	Pick Up Tempo Run	Pick Up Tempo Run (Practice taking on fluids)	Pick Up Tempo Run (Practice taking on fluids)	Pick Up Tempo Run (Practice taking on fluids)	Pick Up Tempo Run (Practice taking on fluids)	Time Tested Run	Pick Up Tempo Run (Practice taking on fluids)	Light Pick Up Run	RACE DAY
		Session	30min continuous run. Completed in this manner: 15min easy run, 5min increase pace to just above marathon target time pace, 5min increase again to marathon pace, 5min increase again to quicker than marathon pace.	30min continuous run. Completed in this manner: 15min easy run, 5min increase pace to just above marathon target time pace, 5min increase again to marathon pace, 5min increase again to quicker than marathon pace.	38min continuous run. Completed in this manner: 20min easy run, 6min increase pace to just slower than marathon target time pace, 6min increase again to marathon pace, 6min increase again to quicker than marathon pace.	40min continuous run. Completed in this manner: 20min easy run, 8min increase pace to just above marathon target time pace, 6min increase again to marathon pace, 6min increase again to quicker than marathon pace.	50min continuous run. Completed in this manner: 20min easy run, 8min increase pace to just above marathon target time pace, 8min increase again to marathon pace, 8min increase again to quicker than marathon pace. 6min easy run to finish.	30min continuous run. Completed in this manner: 15min easy run, 5min increase pace to just above marathon target time pace, 5min increase again to marathon pace, 5min increase again to quicker than marathon pace.	Warm Up: 12min easy run Drills 2x80m strides Body: 15min continuous quicker than marathon pace. If your target time is 3.30hrs (Approx 5min km pace) you want to be hitting 4.45min per km pace or quicker for this test. Warm Down: 10min aerobic run.	30min continuous run. Completed in this manner: 15min easy run, 5min increase pace to just above marathon target time pace, 5min increase again to marathon pace, 5min increase again to quicker than marathon pace.	30min continuous run. Completed in this manner: 15min easy run, 5min increase pace to just above marathon target time pace, 5min increase again to marathon pace, 5min increase again to quicker than marathon pace.	Don't forget to smile and enjoy it!! After all, this is what you have trained for.. See you on the start line.

		Time										
	PM	PM Hours										Party Central On Hastings Street!!
		Time										
SUN	Total	Hours										
	AM	AM Hours	Aerobic Long Run	Aerobic Long Run	Aerobic Long Run	Aerobic Long Run	Aerobic Long Run	Aerobic Long Run	Aerobic Long Run	Aerobic Long Run	Aerobic Semi Long Run	
		Session	30-90min run. Dependent upon level of fitness. Beginner start at 40min, Intermediate 60min, Advanced 90min. Mix up the surfaces. Dirt, Hills, Road, Trails. All are fine.	Increase 10min on last week	Maintain same as last week.	Increase 10min on last week	Maintain same as last week	Increase 10min on last week	Maintain same as last week	Increase 10min on last week	45-60min relaxed aerobic run.	Nurse your hangover!
		Time										
	PM	PM Hours										
		Session										
		Time										
wk tot	Hours											
accum												
Notes												

Notes:

Anaerobic Fartlek: Should be done at quicker than marathon target time pace. Float recovery is just slower than marathon target time pace.
Aerobic Run: Should be completed at a comfortable pace. A pace in which you can hold a conversation the entire length of the run.
Pick Tempo Up Run: Determine what your target goal marathon time is. These sessions should be conducted with this pace in mind.
Threshold Work: This is the pace you can sustain for upto 20-30min. Threshold is the point just before you produce that aweful lactic acid feeling. In essence a balance between running easy and running too hard. Usually achieved while maitaining an effort around 80-90% of your max heart rate for a sustained period.
Gym: Some gym body weight work should be completed 2 x per week. Not for fitness gains but to aid in the avoidence of niggles and injuries.
Massage & Physio: It is recommended that everyone gets a regular massage and sees a physio if soreness presents. What you are undertaking is mentally and physically challenging. Your body needs to be looked after like your car!
Nutrition While Training: It is recommended that all athletes become familiar with taking on fluids and nutrients while training. Find appropriate fuel and practice it. No point finding out that a particular drink or gel gives you stomach problems at 20km into our marathon!