

			26-Mar	2-Apr	9-Apr	16-Apr	23-Apr	30-Apr	7-May	14-May	21-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
		Session	15-30min run. Dependent upon level of fitness. Beginner start at 15min, Intermediate 25min, Advanced 30min. 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	Maintain same as last week	20-30min easy run.
		Time									
	PM	PM Hours	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym
		Session									
Time											
TUE	Total	Hours									
	AM	AM Hours	Threshold Work	Anaerobic Fartlek	Threshold Work	Anaerobic Fartlek	Threshold Work	Anaerobic Fartlek	Threshold Work	Taper Fartlek	Pre Race Workout
		Session	Warm Up: 6min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 2 or 3 x 4min Tempo efforts. 3min easy jog recovery between. Warm Down: 6min easy run (Aerobic)	Warm Up: 6min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 2x60sec strong, 60sec float recovery, 4x30sec strong 30sec float recovery. Warm Down: 6min easy run (Aerobic)	Warm Up: 6min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 2 or 3 x 4min Tempo efforts. 3min easy jog recovery between. Warm Down: 6min easy run (Aerobic)	Warm Up: 6min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 3x60sec strong, 60sec float recovery, 4x30sec strong 3sec float recovery. Warm Down: 6min easy run (Aerobic)	Warm Up: 8min 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: 8min 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: 8min 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: 2x60sec strong, 60sec float recovery, 2x30sec strong 30sec float recovery, 2x15sec 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: 5min Tempo effort. 4min rest. 3x30sec strong 30sec float recovery. Warm Down: 8min easy run (Aerobic)
		Time									
	PM	PM Hours									
		Session									
Time											
WED	Total	Hours									
	AM	AM Hours	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running
		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
		Session	15-30min run. Dependent upon level of fitness. Beginner start at 15min, Intermediate 25min, Advanced 30min. 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	Maintain same as last week	10-20min easy run.
		Time									
	PM	PM Hours									
		Session									
Time											
FRI	Total	Hours									
	AM	AM Hours	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running	Rest from running
		Session	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Rest. Travel
		Time									
	PM	PM Hours									
		Session									
Time											
Total	Hours										
	AM Hours	Speed Play	Speed/Endurance Play	Speed Play	Speed/Endurance Play	Speed Play	Speed/Endurance Play	Time Tested Run	Light Speed Play	RACE DAY	

SAT	AM	Session	Warm Up: 8min easy run 3x80m strides @80% Body: 6-10x100m steady stride, 100m walk back recovery (on grass oval) Warm Down: 6min easy run	Warm Up: 8min easy run A skip, B skip Drills x 2 each 2x80m strides @80% Body: 4min tempo run 2min rest 4min of 15sec hard run 15sec easy jog (done continuous up and back) 2min rest 2min tempo run. Warm Down 6min easy run or walk	Warm Up: 8min easy run 3x80m strides Body: 8-10x100m steady stride, 100m walk back recovery (on grass oval) Warm Down: 6min easy run	Warm Up: 8min easy run A skip, B skip Drills x 2 each 2x80m strides @80% Body: 4min tempo run 2min rest 4min of 15sec hard run 15sec easy jog (done continuous up and back) 2min rest 3min tempo run. Warm Down 6min easy run or walk	Warm Up: 8min easy run 3x80m strides Body: 10x100m strong strides, 100m walk/jog back recovery (on grass oval) Warm Down: 6min easy run	Warm Up: 8min easy run A skip, B skip Drills x 2 each 2x80m strides @80% Body: 4min tempo run 2min rest 4min of 15sec hard run 15sec easy jog (done continuous up and back) 2min rest 4min tempo run. Warm Down 6min easy run or walk	Warm Up: 12min easy run Drills 2x80m strides Body: 8min continuous run quicker than race goal pace. Test yourself in this effort. You can really work hard. Warm Down: 10min aerobic run.	Warm Up: 8min easy run 3x80m strides @80% Body: 6x100m steady stride, 100m walk back recovery (on grass oval) Warm Down: 6min easy run	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	15-60min run. Dependent upon level of fitness. Beginner start at 15min, Intermediate 25min, Advanced 35min. Mix up the surfaces. Dirt, Hills, Road, Trails. All are fine.	Increase 5min on last week	Maintain same as last week.	Increase 5in on last week	Maintain same as last week	Increase 5min on last week	Maintain same as last week	20min relaxed aerobic run.	Nurse your hangover!	
	PM	PM Hours										
		Session										
		Time										
wk tot	Hours											
accum												
Notes												

Notes:

Anaerobic Fartlek: Should be done at quicker than your 10km 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.

Speed Play: Fast and relaxed running. Should be quicker than race pace. Work into each repetition. Generally has longer walk or complete rest recovery to ensure quality of repetitions.

Pick Tempo Up Run: Determine what your target goal 1/2 marathon time is. These sessions should be conducted with this pace in mind even though you are preparing for 5-10km race this should be done at a little slower pace than your race pace.

Threshold Work: This is the pace you can sustain for upto 20-30min. Threshold is the point just before you produce that awful lactic acid feeling. In essence a balance between running easy and running too hard. Usually achieved while maintaining 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 avoidance 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!

Note: All of the above sessions can be conducted as a walk/run or simply walk for those new to the sport of running.