

SUN	Total	Hours										
	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 Long Run	Aerobic Semi Long Run	
	AM	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. Floot 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 1/2 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 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!