

	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 PM	AM Hours	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run	Aerobic Run
		Session Time	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.
		PM Hours										
		Session	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym
		Time										
	Total	Hours										
TUE		AM Hours	Threshold Work	Anaerobic Fartlek	Threshold Work	Anaerobic Fartlek	Threshold Work	Anaerbic Fartlek	Threshold Work	Anaerbic Fartlek	Taper Fartlek	Pre Race Workout
	АМ	Session	Warm Up: 12min easy run (Aerobic) Light Stretch Drills Zx80m strides @ 80% max effort Body: 2 or 3 x 4min Tempo efforts. 3min easy jog recovery between. Warm Down: 8min easy run (Aerobic)	float recovery, 3x30sec strong 30sec float recovery.	Warm Up: 12min 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: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 4x60sec strong, 60sec float recovery, 3x30sec strong 3sec float recovery. Warm Down: 8min easy run (Aerobic)	Warm Up: 12min easy run (Aerobic) Light Stretch Drills Zx80m 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 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)	float recovery, 4x30sec strong	Warm Up: 12min easy run (Aerobic) Light Stretch Drills 2x80m strides @ 80% max effort Body: 6min Tempo effort. 4min rest. 4x30sec strong 30sec float recovery. Warm Down: 8min easy run (Aerobic)
		Time										
	РМ	PM Hours										
		Session										
		Time										
WED	Total	Hours	Deat from manufact	Beet from more land	Best from moneyles	Doot from manual a	Post from monada a	Doot form manipus	Deet form manipus	Don't from manufact	Post from monada a	Deet from maning
	AM	AM Hours Session	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
	, UH	Time										
		PM Hours										
	PM	Session										
		Time										
THU	Total	Hours										
	АМ	AM Hours Session	Aerobic Run 20-40min run. Dependent upon level of fitness. Beginner start at 20min, Intermediate 30min, Advanced 40min. Mix up surfaces	Aerobic Run Increase 5min on last week	Aerobic Run Maintain same as last week.	Aerobic Run Increase 5min on last week	Aerobic Run Maintain same as last week	Aerobic Run Increase 5min on last week	Aerobic Run Maintain same as last week	Aerobic Run Increase 5min on last week	Aerobic Run Maintain same as last week	Aerobic Run 20-30min easy run.
		Time PM Hours										
	РМ	Session										
		Time										
	Total	Hours										
FRI	АМ	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
	PM	Session Time	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Light Gym	Rest. Travel
		PM Hours										
		Session										
		Time										
SAT	Total	Hours										
	АМ	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
			30min continuous run. Completed in this manner: 15min easy run, 5min increase pace to just slower than 1/2 marathon target time pace, 5min increase again to 1/2 marathon pace, 5min slow to just slower than 1/2 marathon pace.	30min continuous run. Completed in this manner: 15min easy run, 5min increase pace to just slower than 1/2 marathon target time pace, 5min increase again to 1/2 marathon pace, 5min slow to just slower than 1/2 marathon pace.	38min continuous run. Completed in this manner: 20min easy run, 6min increase pace to just slower than 1/2 marathon target time pace, 6min increase again to 1/2 marathon pace, 6min slow to just slower than 1/2 marathon pace.	38min continuous run. Completed in this manner: 20min easy run, 6min increase pace to just slower than 1/2 marathon target time pace, 6min increase again to 1/2 marathon pace, 6min increase to qucker than1/2 marathon pace.	40min continuous run. Completed in this manner: 20min easy run, 7min increase pace to just slower than 1/2 marathon target time pace, 7min increase again to 1/2 marathon pace, 6min slow to just slower than 1/2 marathon pace.	40min continuous run. Completed in this manner: 20min easy run, 7min increase pace to just slower than 1/2 marathon target time pace, 7min increase again to 1/2 marathon pace, 6min increase to qucker than1/2 marathon pace.	Warm Up: 12min easy run Drills Drills 2x80m strides Body: 15min continuous quicker than 1/2 marathon pace. Warm Down: 10min aerobic run.	40min continuous run. Completed in this manner: 20min easy run, 7min increase pace to just slower than 1/2 marathon target time pace, 7min increase again to 1/2 marathon pace, 6min increase to qucker than1/2 marathon pace.	30min continuous run. Completed in this manner: 15min easy run, 5min increase pace to just slower than 1/2 marathon target time pace, 5min increase again to 1/2 marathon pace, 5min slow to just slower than 1/2 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										

	Total	Hours										
SUN	АМ	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										
	РМ	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 I'Z 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 adi in the avoidence of niggles and injuries.

Massage & Physio: It is recommended that everyone gets a regular massage and sees a physio if socieness presents. What you are undertaking is mentally and physically challenging. Your body needs to be looked after like your carl

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 get gives you stomach problems at 20km into our marathon!