



TARGET RACE TIME 3 HOURS 30 MINUTES

MARATHON TRAINING PLAN

MY PLEDGE _____

TARGET TIME _____

TRAINING NOTES _____



| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------------------------|----------|-------------|---|----------|-----------------------|--------------|-------------|
| 1 JAN 27 - FEB 2 | Rest Day | 8-10km easy | 6km at long tempo pace | Rest Day | 10km easy or rest day | 8-15km easy | Rest Day |
| 2 FEB 3 - 9 | Rest Day | 8-10km easy | Warm up; 20mins at tempo pace; warm down | Rest Day | 10km easy or rest day | 5km park run | 8-10km easy |
| 3 FEB 10 - 16 | Rest Day | 8-10km easy | 8km at long tempo pace | Rest Day | 10km easy or rest day | 8-15km easy | Rest Day |
| 4 FEB 17 - 23 | Rest Day | 8-10km easy | Warm up; 20-30 min at tempo pace; warm down | Rest Day | 10km easy or rest day | 5km park run | 8-10km easy |
| 5 FEB 24 - MAR 2 | Rest Day | 8-10km easy | 10km at long tempo pace | Rest Day | 10km easy | 15km easy | Rest Day |
| 6 MAR 3 - 9 | Rest Day | 8-10km easy | 10km at long tempo pace | Rest Day | 10km easy | 20km medium | Rest Day |



16 WEEK GREAT OCEAN ROAD MARATHON TRAINING PLAN

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------------------------|----------|-------------|--|--|-----------|------------------------|------------------------------------|
| 7 MAR 10 - 16 | Rest Day | 8-10km easy | Warm up, 6-8 x 1km at 10km pace, 2:30 jogging recovery, warm down | Rest Day | 10km easy | 15km easy | Rest Day |
| 8 MAR 17 - 23 | Rest Day | 8-10km easy | 12km at long tempo pace | Rest Day | 10km easy | 25km medium | Rest Day |
| 9 MAR 24 - 30 | Rest Day | 8-10km easy | 12km at long tempo pace | Rest Day | 10km easy | 20km easy | Rest Day |
| 10 MAR 31 - APR 6 | Rest Day | 8-10km easy | Warm up; 5 x 2km at tempo pace, 1:30 jogging recovery; warm down | Rest Day | 10km easy | 30km medium | Rest Day |
| 11 APR 7 - 13 | Rest Day | 8-10km easy | 12km at long tempo pace | Rest Day | 10km easy | 5km park run | Rest Day |
| 12 APR 14 - 20 | Rest Day | 8-10km easy | Rest Day | Rest Day | 10km easy | 35km medium | Rest Day |
| 13 APR 21 - 27 | Rest Day | 8-10km easy | Warm up, 8 x 400 at interval pace, 40 sec/100m recovery, warm down | Rest Day | 10km easy | Race Specific Workout* | Rest Day |
| 14 APR 28 - MAY 4 | Rest Day | 8-10km easy | Warm up, 6-8 x 1km at 10km pace, 2:00 jogging recovery, warm down | Rest Day | 10km easy | 30km medium | Rest Day |
| 15 MAY 5 - 11 | Rest Day | 8-10km easy | Rest Day | Warm up, 5 x 2km at tempo pace, 1:00 jogging recovery, warm down | Rest Day | 10km easy | 20km easy |
| 16 MAY 12 - 18 | Rest Day | 8-10km easy | 8km at Marathon Pace | Rest Day | Rest Day | 6-8km easy | ★ RACE DAY GOOD LUCK! |



| | |
|---|---|
| <p>TRAINING PACES</p> <p>EASY PACE = 5:45 per km</p> <p>MEDIUM PACE = 5:05-5:10 per km</p> <p>MARATHON PACE = 4:56 per km</p> <p>LONG TEMPO PACE = 4:50-4:55 per km</p> <p>TEMPO PACE = 4:35-4:40 per km</p> <p>10KM PACE = 4:15 per km</p> <p>INTERVAL PACE = 4:54 per km</p> | <p>★ RACE WORKOUT</p> <p>★ 5km easy</p> <p>★ Straight into 5km at marathon pace, 1:00 jogging recovery</p> <p>★ 4 x 1km at tempo pace, 1:30 jogging recovery after each 1km</p> <p>★ 5km marathon pace</p> <p>★ 5km easy</p> <p>★ Total 24km</p> |
|---|---|