



TARGET RACE TIME 3 HOURS 15 MINUTES

MARATHON TRAINING PLAN

Photo Courtesy of Brooks Running

MY PLEDGE _____

TARGET TIME _____

TRAINING NOTES _____



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest Day	6.5km easy (Run Club)	6km at long tempo pace	Rest Day	10km easy or rest day	8-15km easy	Rest Day
2	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	10km easy or rest day	5km park run	8-10km easy
3	Rest Day	6.5km easy (Run Club)	8km at long tempo pace	Rest Day	10km easy or rest day	8-15km easy	Rest Day
4	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	10km easy or rest day	5km park run	8-10km easy
5	Rest Day	6.5km easy (Run Club)	10km at long tempo pace	Rest Day	10km easy	15km easy	Rest Day
6	Rest Day	6.5km easy (Run Club)	10km at long tempo pace	Rest Day	10km easy	20km medium	Rest Day



16 WEEK MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	Rest Day	6.5km easy (Run Club)	Warm up, 6-8 x 1km at 10km pace, 2:30 jogging recovery, warm down	Rest Day	10km easy	15km easy	Rest Day
8	Rest Day	6.5km easy (Run Club)	12km at long tempo pace	Rest Day	10km easy	25km medium	Rest Day
9	Rest Day	6.5km easy (Run Club)	12km at long tempo pace	Rest Day	10km easy	20km easy	Rest Day
10	Rest Day	6.5km easy (Run Club)	Warm up, 5 x 2km at tempo pace, 1:30 jogging recovery, warm down	Rest Day	10km easy	30km medium	Rest Day
11	Rest Day	6.5km easy (Run Club)	12km at long tempo pace	Rest Day	10km easy	5km park run	10km easy
12	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	10km easy	35km medium	Rest Day
13	Rest Day	6.5km easy (Run Club)	Warm up, 8 x 400 at interval pace, 40 sec/100m recovery, warm down	Rest Day	10km easy	Race Specific Workout*	Rest Day
14	Rest Day	6.5km easy (Run Club)	Warm up, 6-8 x 1km at 10km pace, 2:00 jogging recovery, warm down	Rest Day	10km easy	30km medium	Rest Day
15	Rest Day	6.5km easy (Run Club)	Rest Day	Warm up, 5 x 2km at tempo pace, 1:00 jogging recovery, warm down	Rest Day	10km easy	20km easy
16	Rest Day	6.5km easy (Run Club)	8km at Marathon Pace	Rest Day	Rest Day	6-8km easy	★ RACE DAY GOOD LUCK!



TRAINING PACES	★ RACE WORKOUT
EASY PACE = 5:20-5:25 per km	★ 5km easy
MEDIUM PACE = 4:50-5:00 per km	★ Straight into 6km at marathon pace, 1:00 jogging recovery
MARATHON PACE = 4:37 per km (3:14:00)	★ 4 x 1km at tempo pace, 1:00 jogging recovery after each 1km
LONG TEMPO PACE = 4:30-4:35 per km	★ 6km marathon pace
TEMPO PACE = 4:20 per km	★ 5km easy
10KM PACE = 4:12 per km	★ Total 26km
INTERVAL PACE = 4:03 per km	