



TARGET RACE TIME 3 HOURS 40 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	6km easy or rest day	8-15km easy	Rest Day
2	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	6km easy or rest day	5km park run	8-10km easy
3	Rest Day	6.5km easy (Run Club)	6km at long tempo pace	Rest Day	6km easy or rest day	8-15km easy	Rest Day
4	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	6km easy or rest day	5km park run	8-10km easy
5	Rest Day	6.5km easy (Run Club)	8-10km at long tempo pace	Rest Day	6-8km easy	15km easy	Rest Day
6	Rest Day	6.5km easy (Run Club)	8-10km at long tempo pace	Rest Day	6-8km 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	6-8km easy	15km easy	Rest Day
8	Rest Day	6.5km easy (Run Club)	10-12km at long tempo pace	Rest Day	6-8km easy	20km medium	Rest Day
9	Rest Day	6.5km easy (Run Club)	10-12km at long tempo pace	Rest Day	6-8km easy	20km easy	Rest Day
10	Rest Day	6.5km easy (Run Club)	Warm up, 4-5 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	6-8km easy	5km park run	10km easy
12	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	6-8km 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	6-8km 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

- EASY PACE = 6:00 per km
- MEDIUM PACE = 5:30 per km
- MARATHON PACE = 5:15 per km (3:40:00)
- LONG TEMPO PACE = 5:05-5:10 per km
- TEMPO PACE = 4:55 per km
- 10KM PACE = 4:48 per km
- INTERVAL PACE = 4:30 per km

★ RACE WORKOUT

- ★ 5km easy
- ★ Straight into 6km at marathon pace, 1:00 jogging recovery
- ★ 4 x 1km at tempo pace, 1:00 jogging recovery after each 1km
- ★ 6km marathon pace
- ★ 5km easy
- ★ Total 26km