



**TARGET RACE TIME 4 HOURS**

# MARATHON TRAINING PLAN

Photo Courtesy of Brooks Running

**MY PLEDGE** \_\_\_\_\_

**TARGET TIME** \_\_\_\_\_

**TRAINING NOTES** \_\_\_\_\_



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b>	Rest Day	6.5km easy (Run Club)	6km at long tempo pace	Rest Day	Rest Day	5km park run	8km easy
<b>2</b>	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	6km easy or rest day	10-12km medium	Rest Day
<b>3</b>	Rest Day	6.5km easy (Run Club)	6km at long tempo pace	Rest Day	Rest Day	5km park run	8-10km easy
<b>4</b>	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	6km easy or rest day	15-18km medium	Rest Day
<b>5</b>	Rest Day	6.5km easy (Run Club)	6-8km at long tempo pace	Rest Day	6-8km easy	10km easy	Rest Day
<b>6</b>	Rest Day	6.5km easy (Run Club)	6-8km at long tempo pace	Rest Day	6km 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, 5-6 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)	8-10km at long tempo pace	Rest Day	6km easy or rest day	25km medium	Rest Day
9	Rest Day	6.5km easy (Run Club)	8-10km at long tempo pace	Rest Day	6-8km easy	20km easy	Rest Day
10	Rest Day	6.5km easy (Run Club)	Warm up, 3-4 x 2km at tempo pace, 1:30 jogging recovery, warm down	Rest Day	6km easy or rest day	30km medium	Rest Day
11	Rest Day	6.5km easy (Run Club)	10km at long tempo pace	Rest Day	Rest Day	5km park run	15km easy
12	Rest Day	6.5km easy (Run Club)	Rest Day	Rest Day	6km easy or rest day	35km medium	Rest Day
13	Rest Day	6.5km easy (Run Club)	Warm up, 6-8 x 400 at interval pace, 40 sec/100m recovery, warm down	Rest Day	6-8km easy	Race Specific Workout*	Rest Day
14	Rest Day	6.5km easy (Run Club)	Warm up, 506 x 1km at 10km pace, 2:00 jogging recovery, warm down	Rest Day	6km easy or rest day	25km medium	Rest Day
15	Rest Day	6.5km easy (Run Club)	Rest Day	Warm up, 3-4 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)	6-8km at Marathon Pace	Rest Day	Rest Day	6-8km easy	★ RACE DAY GOOD LUCK!



### TRAINING PACES

- EASY PACE = 6:35 per km
- MEDIUM PACE = 6:00 per km
- MARATHON PACE = 5:45 per km (3:59-59)
- LONG TEMPO PACE = 5:35-5:40 per km
- TEMPO PACE = 5:20 per km
- 10KM PACE = 5:14 per km
- INTERVAL PACE = 4:54 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