

Name:	Race:	Date:
Sub 3hrs 30 mins	Marathon	

WC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30 mins easy effort run, 30 mins strength and conditioning + stretch	10 mins warm-up, 5 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength and conditioning + stretch	15 minutes Easy, 15 minutes Steady, 15 minutes Easy + stretch	REST	45 minutes Steady Undulating Run	80 mins Long run - Easy/Steady effort, off-road if possible + Stretch
Week 2	30 mins cross training / strength and conditioning + stretch	10 mins warm-up, 6 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	45 mins cross training / strength and conditioning + stretch	45 mins Steady effort undulating run + Stretch	REST	10 minutes Warm Up, 4 x 6 minutes at Threshold effort over undulating terrain with a 90 second recovery, 10 minutes Cool Down	90 mins Long run - Easy/Steady effort, off-road if possible + Stretch
Week 3	30 mins cross training / strength and conditioning + stretch	10 mins warm-up, 5 x 6 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins easy effort run, 30 mins strength and conditioning + stretch	45 mins Steady effort undulating run + Stretch	REST	10 minutes Warm Up, 4 x 7 minutes at Threshold effort over undulating terrain with a 90 second recovery, 10 minutes Cool Down	105 mins Long run - Easy/Steady effort, off-road if possible + Stretch
Week 4	30 mins cross training / strength and conditioning + stretch	12 minutes Easy, 12 minutes Threshold, 12 minutes Easy	45 mins cross training / strength and conditioning + stretch	45 minutes Easy Run	REST	10 minutes Warm Up, 3 x 8 minutes Kenyan Hills with a 90 second recovery between sets, 10 minutes Cool Down	90 mins Long run - Easy/Steady effort, off-road if possible + Stretch
Week 5	30 mins recovery run, 30 mins strength and conditioning + stretch	10 mins warm-up, 4 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins easy effort run, 30 mins strength and conditioning + stretch	20 mins Easy 20 mins Steady effort, 20 mins Easy + Stretch	REST	10 minutes Warm Up, 3 x 8 minutes Kenyan Hills with a 90 second recovery between sets, 10 minutes Cool Down	105 mins Long run - Easy/Steady effort, off-road if possible + Stretch
Week 6	REST	10 mins warm-up, 3 x 12 mins at Threshold effort, with 90 secs jog recovery 10 mins cool-down + Stretch	30 mins easy effort run, 30 mins strength and conditioning + stretch	45 minutes Easy Run	REST	parkrun	75 mins Long run - Easy/Steady effort + Stretch
Week 7	REST	10 minutes Warm Up, 8 x 2 minutes at 90 pct effort with a 90 second recovery, 10 minutes Cool Down	45 mins cross training / strength and conditioning + stretch	60 minutes Easy Run	REST	10 minutes Warm Up, 3 x 10 minutes Kenyan Hills with a 90 second recovery between sets, 10 minutes Cool Down	120 mins Long run - Easy/Steady effort, off-road if possible + Stretch

Week 8	30 mins cross training / strength and conditioning + stretch	10 mins warm-up, 3 x 12 mins at Threshold effort, with 60 secs jog recovery + Stretch	REST	30 mins easy effort run, 30 mins strength and conditioning + stretch	REST	10 minutes Warm Up, 3 x 10 minutes Kenyan Hills with a 90 second recovery between sets, 10 minutes Cool Down	135 minutes Easy/ Steady Long Run
Week 9	REST	10 minutes Warm Up, 1,2,3,4,3,2,1 minutes at 90 pct effort with a 90 secs jog recovery, 10 minutes Cool Down	30 mins cross training / strength and conditioning + stretch	45 minutes Easy Run	10 mins warm-up, 3 x 12 mins at Threshold effort, with 60 secs jog recovery + Stretch	REST	75 mins Long run - Easy/Steady effort + Stretch
Week 10	30 mins easy effort run, 30 mins strength and conditioning + stretch	10 mins warm-up, 3 x 14 mins at Threshold effort, with 60 sec jog recovery + Stretch	40 minutes Easy Run	REST	10 minutes Warm Up, 2 x 2 x 1k at 10k pace with a 90 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	40 mins Recovery run	150 mins Long Easy / Steady effort (try to pick the effort up during the second half) + Stretch
Week 11	30 mins cross training / strength and conditioning + stretch	45 minutes Easy Run + Stretch	10 mins warm-up, 3 x 14 mins at Threshold effort, with 60 sec jog recovery + Stretch	REST	60 minutes Easy Run	REST	165 mins Long Easy / Steady effort (try to pick up second half) + Stretch
Week 12	REST	10 mins warm-up, 3 x 16 mins at Threshold with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 minutes Recovery Run	30 mins easy effort run, 30 mins strength and conditioning + stretch	10 minutes Warm Up, 2 x 3 x 1km at 90 pct effort with a 90 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	REST	130 mins Long run Easy effort with last 30 mins at Marathon Pace + Stretch
Week 13	REST	30 mins easy effort run, 30 mins strength and conditioning + stretch	10 mins warm-up, 3 x 18 mins at Threshold with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	30 mins cross training / strength and conditioning + stretch	30 mins Easy Run	REST	90 mins Long run Easy effort with last 30 mins at Half Marathon Pace + Stretch
Week 14	REST	10 mins warm-up, 4 x 1km at 10k effort with 75 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	10 mins warm-up, 10 mins at Threshold effort, 10 mins cool-down + stretch	REST	20 minutes Easy Run + Stretch	Half Marathon Race

Week 15	REST	30 mins easy run	45 mins cross training / strength and conditioning + stretch	10 mins warm-up, 3 x 18 mins at Threshold with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	40 minutes Easy Run + Stretch	150 mins Long run Easy effort with last 75 mins at Marathon Pace + Stretch
Week 16	REST	10 minutes Warm Up, 3 x 20 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	45 mins cross training / strength and conditioning + stretch	30 mins Recovery run + Stretch	10 minutes Warm Up, 2 x 3 x 1km at 90 pct effort with a 90 second recovery between reps and a 3 minute recovery between sets, 10 minutes Cool Down	REST	165 mins Long run Easy effort with last 90 mins at Marathon Pace + Stretch
Week 17	REST	30 mins easy effort run, 30 mins strength and conditioning + stretch	10 minutes Warm Up, 2 x 2 x 2k at 10k pace with a 120 second recovery between reps and a 4 minute recovery between sets, 10 minutes Cool Down	30 mins cross training / strength and conditioning + stretch	10 minutes Warm Up, 20 minutes at Threshold, 10 minutes Cool Down	REST	180 minute Long Run; First 90 minutes Easy, Second 90 minutes at Marathon Pace
Week 18	REST	30 mins cross training / strength and conditioning + stretch	10 minutes Warm Up, 3 x 20 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down	30 mins easy effort run, 30 mins strength and conditioning + stretch	10 minutes Warm Up, 3 x 3 x 2 minutes at 90 pct effort with a 60 second recovery between reps and a 2 minute recovery between sets, 10 minutes Cool Down	REST	120 minute Long Run; Pick up middle 90 minutes to Marathon Pace
Week 19	30 mins cross training / strength and conditioning + stretch	REST	10 minutes Warm Up, 20 minutes at Threshold, 10 minutes Cool Down	30 mins cross training / strength and conditioning + stretch	10 mins warm-up, 5 x 1km at 10k effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	70 minute Long Run; Pick up middle 50 minutes to Marathon Pace
Week 20	REST	10 mins warm-up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch	REST	30 mins Recovery run + Stretch	REST	20 minutes Easy Run + Stretch	Marathon