

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

WEEK 1

Rest

Run session:
30 minute easy run at 2-3/10 effort

Rest

Run session:
30-40 minute easy run at 2-3/10 effort

Rest

Run/XT session:
30 minute easy at 2-3/10 effort

1-1:15hrs at 3-5/10 effort. Include short brisk walk breaks as needed

WEEK 2

Rest

Run session:
35 minute easy run at 2-3/10 effort

Rest

Run session:
35-45 minute easy run at 2-3/10 effort

Rest

Run/XT session:
30 minute easy at 2-3/10 effort

1:15 - 1:30hrs at 3-5/10 effort. Include short brisk walk breaks as needed

WEEK 3

Rest

Run session:
40 minutes easy run at 2-3/10 effort

Rest

Run session:
30 minutes as: 10 minutes easy at 2-3/10 effort, 10 minutes steady at 4-5/10 effort, 10 minutes at controlled discomfort 6-7/10 effort

Rest

Run/XT session:
30-40 minute easy at 2-3/10 effort

1:30hrs at 3-5/10 effort. Include short brisk walk breaks as needed

WEEK 4

Rest

Run session:
30 minutes as: 10 minutes easy at 2-3/10 effort, 10 minutes steady at 4-5/10 effort, 10 minutes at controlled discomfort 6-7/10 effort

Rest

Run session:
30 minutes easy run at 2-3/10 effort

Rest

Rest or XT session
30 minutes at 2/10 effort

60-70 minutes at 3-5/10 effort. Include short brisk walk breaks as needed

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

WEEK 5

Rest	<p>Warm up: 5-10 min easy run at 2-3/10 effort</p> <p>Main Session: 3 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 40-50 min easy run at 2-3/10 effort</p>	Rest	<p>Run/XT session: 30-40 min easy at 2-3/10 effort</p>	<p>1:40-1:50hrs at 3-5/10 effort. Include short brisk walk breaks as needed</p>
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WEEK 6

Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 4 sets of 5 minutes at 6-7/10 effort with 90-120s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 40-50 min easy run at 2-3/10 effort</p>	Rest	<p>Run/XT session: 30-40 min easy at 2-3/10 effort</p>	<p>1:45-1:55hrs at 3-5/10 effort. Include short brisk walk breaks as needed</p>
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WEEK 7

Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 3 sets of 7 minutes at 6-7/10 effort with 120s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 40-50 min easy run at 2-3/10 effort with the final 10 at 6-7/10 if you feel good</p>	Rest	<p>Run/XT session: 30-40 minute easy at 2-3/10 effort</p>	<p>1:30hrs at 3-5/10 effort. Include short brisk walk breaks as needed</p>
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WEEK 8

Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 4 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 8-9/10 aim to get faster as you go through</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 50 min easy run at 2-3/10 effort</p>	Rest	<p>Run/XT session: 30-40 min easy at 2-3/10 effort</p>	<p>75-90 at 2-4/10 effort include short brisk walk breaks as needed</p>
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DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

WEEK 9

Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 5 sets of 5 minutes at 7/10 effort with 90-120s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 45-60 min easy run at 2-3/10 effort</p>	Rest	<p>Run or XT session: 45 min as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort</p>	<p>2:00 – 2:15hrs at 3-5/10 effort. Include short brisk walk breaks as needed</p>
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WEEK 10

Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 5 mins, 4 mins, 3 mins, 2 mins, 1 min with 90 secs recovery. Work between 6/10 & 8-9/10 aim to get faster as you go through</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 30-45 min easy run at 2-3/10 effort</p>	Rest	<p>Rest or Run/XT session: 30 min easy at 2-3/10 effort</p>	<p>2:20 – 2:40hrs at 3-5/10 effort. Include short brisk walk breaks as needed</p>
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WEEK 11

Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 4 sets of 6 minutes at 7/10 effort with 90s jog recovery</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 45-60 min easy run at 2-3/10 effort</p>	Rest	<p>Run/XT session: 30-40 min easy at 2-3/10 effort</p>	<p>2:45-3:00hrs at 3-5/10 effort. Include short brisk walk breaks as needed</p>
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WEEK 12

Rest	<p>Warm up: 10 min easy run at 2-3/10 effort</p> <p>Main Session: 6 x 3 mins running numbers 1, 3, 5 at 6-7/10, numbers 2, 4, 6 at 8-9/10 with 90 secs rest</p> <p>Cool down: 5-10 min easy run at 2-3/10 effort</p>	Rest	<p>Run session: 50-70 min easy run at 2-3/10 effort</p>	Rest	<p>Run/XT session: 40-50 min easy at 2-3/10 effort</p>	<p>2:50 – 3:10hrs at 3-5/10 effort. Include short brisk walk breaks as needed. Practice with race day fuelling and kit</p>
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WEEK 13

DAY 1

Rest

DAY 2

Warm up:

10 min easy run at 2-3/10 effort

Main Session:

6-8 x 2 mins at 8-9/10 with 90 secs rest

Cool down:

5-10 min easy run at 2-3/10 effort

DAY 3

Rest

DAY 4

Run session:

60-75 mins starting at 2-3/10 and building to run the final 20 mins at 7/10 effort

DAY 5

Rest

DAY 6

Run/XT session:

30-40 min easy at 2-3/10 effort

DAY 7

2:30 – 2:40hrs at 3-5/10 effort. Include short brisk walk breaks as needed. Practice with race day fuelling and kit

WEEK 14

Rest

Warm up:

10 min easy run at 2-3/10 effort

Main Session:

3 sets of 8 minutes at 7/10 effort with 90-120s jog recovery

Cool down:

5-10 min easy run at 2-3/10 effort

Rest

Run session:

45-60 min easy run at 2-3/10 effort

Rest

Run/XT session:

40-50 min easy at 2-3/10 effort

1:45 – 2:00hrs at 3-5/10 effort. Include short brisk walk breaks as needed. Practice with race day fuelling and kit

WEEK 15

Rest

Warm up:

10 min easy run at 2-3/10 effort

Main Session:

5 x 3 mins running numbers 1, 3, 5 at 6-7/10, numbers 2 and 4 at 8-9/10 with 90 secs rest

Cool down:

5-10 min easy run at 2-3/10 effort

Rest

Run session:

45 min run as: 15 mins easy at 2-3/10, 15 mins steady at 4-5/10, 15 mins at controlled discomfort 6-7/10 effort

Rest

Run/XT session:

30-40 min easy at 2-3/10 effort

Run session:
70 mins at 3-4/10 effort

WEEK 16

Rest

Run session:

30 mins at 2-3/10 effort

Rest

Run session:

20-30 mins at 2-3/10 effort

Rest

Run session:

15 mins easy jog at 2-3/10

**Marathon day.
Enjoy your race!**