

Training Phase	ENDURANCE			ANAEROBIC THRESHOLD & ENDURANCE	
Weeks to go	12	11	10	9	8
MONDAY	Recovery Run - 5km	Recovery Run - 5km	Recovery Run - 6km	DAY OFF	DAY OFF
TUESDAY	DAY OFF	DAY OFF	DAY OFF	Anaerobic Threshold - 11km including 3x1600m repeats with a 3 minute recovery	Anaerobic Threshold - 10km including 3x1600m repeats with a 4 minute recovery
WEDNESDAY	Medium Long - 13km	Medium Long - 15km	Medium Long - 17km	Medium Long + strides - 14km including 6x100m strides	Recovery Run - 5km
THURSDAY	Recovery Run - 6km	Recovery Run - 6km	Recovery Run - 5km	Recovery Run - 5km	Strength Endurance - 10km including 5x2 minute hill repeats
FRIDAY	Aerobic + strides - 10km including 4x100m strides	Aerobic + strides - 12km including 5x100m strides	Aerobic + strides - 11km including 6x100m strides	Strength Endurance - 10km including 4x2 minute hill repeats	DAY OFF
SATURDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	Recovery Run - 5km
SUNDAY	Long Aerobic Run - 22km	Long Aerobic Run - 25km	Long Aerobic Run - 30km	Long Aerobic Run - 22km	Marathon Pace Run - 22km with 15km at target marathon speed
TOTAL WEEKLY DURATION	56	63	62	61	52

Training Phase	RACE PREPARATION				
	7	6	5	4	3
MONDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
TUESDAY	Anaerobic Threshold - 12km including 4x1600m repeats with a 4 minute recovery	Strength Endurance - 12km including 2km tempo then 5x2 minute hill repeats	Strength Endurance - 10km including 1km tempo then 6x2 minute hill repeats	Strength Endurance - 13km including 3km tempo then 4x2 minute hill repeats	Strength Endurance - 12km including 2km tempo then 5x2 minute hill repeats
WEDNESDAY	Medium Long + strides - 15km including 6x100m strides	Recovery Run - 5km	Recovery Run - 5km	Recovery Run - 5km	Recovery Run - 5km
THURSDAY	Recovery Run - 6km	Tempo - 10km with 2x10 minute tempo efforts with a 3 minute recovery	Tempo - 11km with 3x8 minute tempo efforts with a 3 minute recovery	Aerobic + Strides - 12km including 5x100m downhill strides	Tempo - 14km with 3x10 minute tempo efforts with a 2 minute recovery
FRIDAY	Strength Endurance - 10km including 2km tempo then 4x2 minute hill repeats	Aerobic + Strides - 10km including 5x100m downhill strides	Aerobic + Strides - 12km including 4x100m downhill strides	DAY OFF	Aerobic + Strides - 10km including 6x100m downhill strides
SATURDAY	DAY OFF	Recovery Run - 5km	DAY OFF	Recovery Run - 5km	DAY OFF
SUNDAY	Long Aerobic Run - 32km	Long Aerobic Run - 22km	Long Aerobic Run - 35km	Marathon Pace Run - 26km with 22km at target marathon speed	Long Aerobic Run - 28km
TOTAL WEEKLY DURATION	75	66	73	61	69

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Training Phase	TAPER & RACE	
Weeks to go	2	Race Week
MONDAY	DAY OFF	DAY OFF
TUESDAY	Anaerobic Threshold - 15km including 4x1000m repeats with a 3 minute recovery	Recovery Run - 6km
WEDNESDAY	Recovery Run - 5km	Tempo - 10km including 4km at marathon race pace
THURSDAY	Tempo - 10km with 4x5 minute tempo efforts with a 3 minute recovery	Recovery Run + strides - 8km including 5x100m strides
FRIDAY	Aerobic + Strides - 8km including 5x100m strides	DAY OFF
SATURDAY	DAY OFF	Recovery Run + strides - 5km including 3-4x100m race pace strides
SUNDAY	Long Aerobic Run - 16km	RACE - marathon - 42.195km
TOTAL WEEKLY DURATION	54	29 (plus race day)