

Sub 5:00 hr to 4:00 hr Marathon

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run 40 min Easy</p>	OFF	<p>Run 50 min as 15 min easy 5 x 3 min steady, 2 min recovery 10 min fast</p>	OFF	<p>Run 30 min Easy With 5 x10 sec pickups in the middle</p> <p>Pick ups are short accelerations to a fast pace.</p>	<p>Run 1:40 min Easy</p> <p>As you feel. Keep your heart rate up but don't push to hard</p>	<p>Run: 3:40 Conditioning: 1:00</p>
	<p>Conditioning As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		OFF	<p>Conditioning As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>			

Sub 5:00 hr to 4:00 hr Marathon
Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>50 min as 15 min easy 8 x 1 min hard, 2 min Recovery 10 min easy</p> <p>Hard should be a 5km pace or a hard run, recovery should be an easy jog</p>	<p>Run</p> <p>25 min Easy</p>	<p>Run</p> <p>50 min as 15 min easy, 3 x 6 min steady, 2 min Recovery 10 min easy</p> <p>Recovery should be a light jog</p>	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Run</p> <p>35 min Easy pace With 5 x 10sec pick ups in the middle</p> <p>Pace should be difficult but maintainable for the entire time</p>	<p>Run</p> <p>1:50 min Easy with last 20 min steady</p>	<p>Run: 4:10</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

Sub 5:00 hr to 4:00 hr Marathon
Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>60 min as</p> <p>15 min easy</p> <p>8 x 2 min hills</p> <p>5 min easy</p> <p>Fast up, Use the descents as your recovery</p>	<p>Run</p> <p>35 min</p> <p>Easy</p>	<p>Run</p> <p>50 min as</p> <p>15 min easy</p> <p>5 x 4min steady, 2 min recovery</p> <p>5 min easy</p>	OFF	<p>Run</p> <p>25 min</p> <p>variable pace</p> <p>As you feel change it up, have fun with it!</p> <p>☺</p> <p>Just remember about the long run tomorrow!</p>	<p>Run</p> <p>2:00 hrs</p> <p>Easy with 2 sets of 15 min steady in the middle</p> <p>Maintain a run the whole time, but do go to hard. We want to develop time on your feet!</p> <p>On a route with rolling hills</p>	<p>Run: 4:50</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>			<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>			

Sub 5:00 hr to 4:00 hr Marathon

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>60 min as</p> <p>15 min easy</p> <p>6 x 3 min uphill steady, downhill recovery</p> <p>10 min easy</p>	<p>Run</p> <p>30 min</p> <p>Easy</p>	<p>Run</p> <p>45 min easy</p> <p>5 x 20 sec strides</p> <p>Strides are short (100 m) acceleration sprints at the end of your workout. Focus on driving your knee forward and following through with your glutes (your bum muscles 😊).</p>	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Run</p> <p>25 min</p> <p>Easy pace</p>	<p>Run</p> <p>10 km timed</p> <p>Ideal if you can find a local 10 km race or find a friend to pace you!</p>	<p>Run: 4:10</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

Sub 5:00 hr to 4:00 hr Marathon

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>50 min as</p> <p>10 min easy</p> <p>4 x 5 min steady, 2 min recovery</p> <p>10 min easy</p> <p>Fast sets should feel steady, recovery should be a light jog</p>	<p>Run</p> <p>40 min</p> <p>Easy</p>	<p>Run</p> <p>50 min as</p> <p>15 min easy</p> <p>8 x 2 min fast, 2 min recovery</p> <p>5 min easy</p>	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Run</p> <p>30 min easy</p>	<p>Run</p> <p>2:00 hrs</p> <p>30 min easy to warm up then steady</p>	<p>Run: 4:50</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

Sub 5:00 hr to 4:00 hr Marathon

Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run 45 min as 15 easy 15 steady 15 easy</p>	<p>Run 45 min Easy with 4 x 10 sec pick ups in the middle</p>	<p>Run 60 min as 15 min easy 8 x 800 m hard, 200m recovery 10 min easy</p>	<p>Conditioning As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Run 40 min easy</p>	<p>Run 2:20 hrs Easy with 3 x 10 min steady, 3 min recovery in the middle</p>	<p>Run: 5:30 Conditioning: 1:00</p>
	<p>Conditioning As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

**Sub 5:00 hr to 4:00 hr Marathon
Week 7**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run 60 min as 15 min easy 12 x 1 min hard, 2 min recovery 10 min easy</p>	<p>Run 40 min Easy</p>	<p>Run 60 min as 15 min easy 4 x 1600m building by 400m with 200m recovery 10 min easy</p>	<p>Conditioning As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Run 30 min easy</p>	<p>Run 2:40 min Steady</p>	<p>Run: 5:50 Conditioning: 1:00</p>
	<p>Conditioning As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

**Sub 5:00 hr to 4:00 hr Marathon
Week 8**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run 40 min as 10 min easy 15 min steady 5 min hard 10 min easy</p>	<p>Run 40 min Easy</p>	<p>Run 50 min as 15 min easy 8 x 90s Hard, 90s easy 10 min easy Hard should be a 5km tempo, or a hard run</p>	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Active rest Or Easy 30 min run See how you feel, take it easy!</p>	<p>Run 2:20 hrs Steady</p>	<p>Run: 5:00 Conditioning: 1:00</p>
	<p>Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

Sub 5:00 hr to 4:00 hr Marathon

Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>60 min as</p> <p>15 min easy</p> <p>8 x 1 min tempo, 1 min recovery</p> <p>8 x 30s hard, 1 min easy</p> <p>15 min easy</p> <p>recovery should be a LIGHT jog</p>	<p>Run</p> <p>40 min</p> <p>Easy with 6 x 10 sec pick ups in the middle</p>	<p>Run</p> <p>60 min as</p> <p>15 easy</p> <p>8 x 3 min tempo (10 km pace), 1 min Recovery</p> <p>15 easy</p>	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Run</p> <p>30 min easy</p>	<p>Run</p> <p>3:00 hrs</p> <p>Easy with 2 x 20 min steady in the middle</p> <p>Race pace or slightly faster</p>	<p>Run: 6:10</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

Sub 5:00 hr to 4:00 hr Marathon

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>65 min as</p> <p>15 min easy</p> <p>4 x 8 min stead, 2 min recovery</p> <p>10 min easy</p>	<p>Run</p> <p>40 min</p> <p>easy with 6 x 10 sec pick ups in the middle</p>	<p>Run</p> <p>60 min as</p> <p>15 min easy</p> <p>6 x 1000m hard, 200 m recovery</p> <p>10 min easy</p>	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Run</p> <p>30 min Easy</p>	<p>Run</p> <p>3:30 hrs</p> <p>easy with 4 x 15 min race pace in the middle</p> <p>Last long run!! Way to go ☺</p>	<p>Run: 6:45</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

Sub 5:00 hr to 4:00 hr Marathon

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>60 min as 15 min easy</p> <p>3 x 10 min pace, 3 min easy</p> <p>7 min easy</p> <p>Pace should be at your marathon pace, recovery is a light jog.</p>	<p>Run</p> <p>30 min easy</p>	<p>Run</p> <p>75 min as 15 min easy</p> <p>10 x 400m hard, 200m recovery</p> <p>10 min easy</p>	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p>Run</p> <p>30 min easy</p>	<p>Run</p> <p>2:20 hr</p> <p>Easy with 20 min steady at the end</p>	<p>Run: 5:35</p> <p>Conditioning: 1:00</p>
	<p>Conditioning</p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

Sub 5:00 hr to 4:00 hr Marathon
Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p align="center">Run</p> <p align="center">60 min as 10 min easy</p> <p>5 x 5 min steady, 1 min recovery.</p> <p align="center">15 min easy</p> <p>Steady should be at your marathon pace, recovery is a LIGHT jog.</p>	OFF	<p align="center">Run</p> <p align="center">45 min as 15 min easy</p> <p>8 x 200 m fast, 200m easy</p> <p align="center">10 min easy</p>	OFF	<p align="center">Run</p> <p align="center">20 min EASY!!</p> <p>With 4 x 10 sec light accelerations just to move you legs</p>	<p align="center">Run</p> <p align="center">RACE DAY!!!!!!!</p> <p align="center">☺</p> <p>Good luck and remember you have worked hard and you are ready!</p>	<p align="center">Run: 2:05 plus race</p> <p align="center">Conditioning: 30 min</p>
	<p align="center">Conditioning As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						