

To finish- 5:00 hr Marathon

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>Run 25 min Easy Pace</p>	<p>Run 40 min as: 15 min very easy 6 x 1 min steady, 1 min walk, 1 min Easy 5 min very easy</p>	<p>OFF</p>	<p>30 min Easy pace With 4x 10sec pick ups Pick ups are short accelerating sprints</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>OFF</p>	<p>Run 60 min as 9 min easy, 1 min walk or Power Hike 90 min</p>	<p>Run: 3:05 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>						

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Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run 40 min as 15 min very easy 6 x 200 m hills 10 min very easy</p> <p>Should be a steady incline, not to steep.</p> <p>Use the decent as your recovery.</p> <p>Focus on your form the entire time!</p>	<p>Run 25 min Easy</p>	<p>Run 45 min as 15 min steady 2 x 7 mins steady, 3 min very easy 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>30 min Easy pace 5-6 x 10s strides at the end</p> <p>Strides are short sprint focusing on technique. Barefoot on grass if possible</p>	<p>Run 60 min as 9 min easy, 1 min walk or Power Hike 90 min</p>	<p>Run: 3:50 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>						

To finish- 5:00 hr Marathon
Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run 50 min as 15 min very easy 6 x 2 min steady uphill, 2 min downhill recovery 10 min very easy</p> <p>Should be a steady incline, not to steep. Use the decent as your recovery. Focus on your form the entire time!</p>	<p>Run 25 min Easy</p>	<p>Run 40 min Steady Pace</p> <p>Start with 20 min easy and then add in 2 bouts of 8 min steady during the run</p>	<p>Conditioning As you feel</p> <p>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>Run 35 min Easy pace 5-6 x 10s strides at the end</p> <p>Strides are short sprint focusing on technique. Barefoot on grass if possible</p>	<p>Run 1:45 min Easy</p> <p>Maintian a run for as long as you can at an easy pace. Take a walk break as you need to</p>	<p>Run: 4:20 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>						
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To finish- 5:00 hr Marathon
Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>35 min with 8 x 10 sec accelerations</p> <p>Do the accelerations at any time during the run. They don't have to be all at once</p>	OFF	<p>Run</p> <p>30 min as 20 min easy 10 min steady</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>25 min Easy pace</p> <p>Recovery run</p>	<p>Run 1:30 min Easy</p> <p>Maintian a run for as long as you can at an easy pace. Take a walk break as you need to</p>	<p>Run: 3:00 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>						
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To finish- 5:00 hr Marathon

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
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<p>OFF</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 55 min as 15 min easy 3 x 7 min Steady, 4 min recovery 15 min easy</p> <p>Steady should be at your marathon pace, recovery is a LIGHT jog.</p> <p>OFF</p>	<p>Run 30 min Easy 4 x 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>OFF</p>	<p>Run 10 Km timed</p> <p>Treat this as a race, if you can find a friend to help pace you, enter a local ten km race that would be ideal. Have fun but work hard! 😊</p> <p>Make sure you get a good warm up (20 min very easy) and a cool down after (10 min very easy).</p> <p>Total: 90-120 min (estimation)</p>	<p>Run: 3:50-4:20</p> <p>Conditioning: 1:00</p>
		<p>OFF</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>			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p>Run</p> <p>50 min as</p> <p>20 min easy</p> <p>15 min Hills uphill Steady Pace, down hill easy</p> <p>15 min easy</p> <p>Should be a steady incline, not to steep.</p> <p>Use the decent as your recovery.</p>	<p>Run</p> <p>40 min</p> <p>Easy</p>	<p>Run</p> <p>1:00 as</p> <p>15 min easy</p> <p>4 x 10 sec pickups, walking back to start</p> <p>4 x 1000m steady with 200m easy between</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 with last 15 min</p> <p>Steady</p>	<p>Run</p> <p>2:00</p> <p>Easy</p> <p>Maintain a run the whole time, but take it easy.</p> <p>Time on your feet! Pace doesn't matter!</p>	<p>Run: 5:00</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>						

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p style="text-align: center;">Run</p> <p style="text-align: center;">60 min as 20 min easy</p> <p style="text-align: center;">5 x 4 min steady, 2 min recovery</p> <p style="text-align: center;">10 min easy</p> <p style="text-align: center;">on a route with rolling hills</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">20 min</p> <p style="text-align: center;">Easy</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">50 min as 15 min easy</p> <p style="text-align: center;">2 x 12 min steady, 3 min easy</p> <p style="text-align: center;">5 min easy</p>	<p style="text-align: center; color: orange;">Conditioning</p> <p style="text-align: center; color: orange;">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 style="text-align: center;">Run</p> <p style="text-align: center;">50 min as 20 min easy</p> <p style="text-align: center;">10 x 1 min hard, 1 min steady</p> <p style="text-align: center;">10 min easy</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">2:30 min</p> <p style="text-align: center;">Easy</p> <p>Maintain a run the whole time, but take it easy.</p> <p>Practice taking in your race nutrition!</p>	Run: 5:30
	<p style="text-align: center; color: orange;">Conditioning</p> <p style="text-align: center; color: orange;">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>						

Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p style="text-align: center;">Run</p> <p style="text-align: center;">45 min as 15 min easy</p> <p style="text-align: center;">3 x 6 min steady, 2 min recovery</p> <p style="text-align: center;">5 min easy</p> <p>Steady should be Faster than your marathon pace, recovery is a LIGHT jog.</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">30 min</p> <p style="text-align: center;">Very Easy</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">35 min as 15 min easy</p> <p style="text-align: center;">6 x 90 sec fast, 90 sec steady</p> <p style="text-align: center;">10 min easy</p>	<p style="text-align: center; color: orange;">Conditioning</p> <p style="text-align: center; color: orange;">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 style="text-align: center;">Run</p> <p style="text-align: center;">25 min easy or</p> <p style="text-align: center; color: green;">Active rest</p> <p>See how you feel. Long effort tomorrow, don't push yourself to at all.</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">2:00 min</p> <p style="text-align: center;">Pace</p> <p>This should be about a half- marathon at your race pace. Should be a hard effort!</p>	<p style="text-align: center;">Run: 4:15</p> <p style="text-align: center; color: orange;">Conditioning: 1:00</p>
	<p style="text-align: center; color: orange;">Conditioning</p> <p style="text-align: center; color: orange;">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>						

Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p style="text-align: center;">Run</p> <p style="text-align: center;">45 min as 30 min easy 15 min Steady</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">30 min Easy</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">65 min as 15 min easy 5 x 1000m fast, 200m very easy 10 min easy</p> <p>Should be a track work out if possible</p>	<p style="text-align: center;">Conditioning</p> <p style="text-align: center;">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 style="text-align: center;">Run</p> <p style="text-align: center;">30 min Easy</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">3:00 hrs Easy</p> <p>Maintain a run the whole time, but take it easy.</p>	<p style="text-align: center;">Run: 5:50</p> <p style="text-align: center;">Conditioning: 1:00</p>
	<p style="text-align: center;">Conditioning</p> <p style="text-align: center;">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>						

Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p style="text-align: center; color: blue;">Run</p> <p style="text-align: center;">1:05 as</p> <p style="text-align: center;">15 min easy</p> <p style="text-align: center;">4 x 7 min hard, 3 min Recovery</p> <p style="text-align: center;">10 min east</p> <p>Hard should be at your marathon pace, recovery is a LIGHT jog.</p>	OFF	<p style="text-align: center; color: blue;">Run</p> <p style="text-align: center;">15 min easy</p> <p style="text-align: center;">8x 400m fast, 200 easy</p> <p style="text-align: center;">10 min easy</p>	<p style="text-align: center; color: orange;">Conditioning</p> <p style="text-align: center; color: orange;">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 style="text-align: center; color: blue;">Run</p> <p style="text-align: center;">40 min easy</p> <p style="text-align: center;">6 x 10 sec accelerations spaced in the middle</p> <p>should be done in the am if possible</p>	<p style="text-align: center; color: blue;">Run</p> <p style="text-align: center;">3:30 hrs</p> <p style="text-align: center; color: blue;">Easy</p> <p>Your longest run!</p> <p>If you feel strong push for 20 min steady in the middle</p>	<p style="text-align: center; color: blue;">Run: 6:20</p> <p style="text-align: center; color: orange;">Conditioning: 1:00</p>
	<p style="text-align: center; color: orange;">Conditioning</p> <p style="text-align: center; color: orange;">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				

Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p style="text-align: center; color: blue;">Run</p> <p style="text-align: center;">1:00 as 10 min easy</p> <p style="text-align: center;">3 x 10 min Hard, 3 min Recovery</p> <p style="text-align: center;">10 min easy</p> <p>Hard should be at your marathon pace, recovery is a LIGHT jog.</p>	OFF	<p style="text-align: center; color: blue;">Run</p> <p style="text-align: center;">50 min as 15 min easy</p> <p style="text-align: center;">10 x 1 min hard, 1 min steady</p> <p style="text-align: center;">15 min easy</p>	OFF	<p style="text-align: center; color: blue;">Run</p> <p style="text-align: center;">45 min easy, 6 x 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 style="text-align: center; color: blue;">Run</p> <p style="text-align: center;">2:00 min</p> <p style="text-align: center; color: blue;">Easy</p> <p>Maintain a run the whole time, but take it easy.</p>	<p style="text-align: center; color: blue;">Run: 4:35</p> <p style="text-align: center; color: orange;">Conditioning: 1:00</p>
	<p style="text-align: center; color: orange;">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	OFF	<p style="text-align: center; color: orange;">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>			

Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p>OFF</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">55 min as 10 min easy</p> <p>4 x 5 min steady, 3 min recovery.</p> <p style="text-align: center;">10 min easy</p> <p>steady should be at your marathon pace, recovery is a LIGHT jog.</p> <hr/> <p style="text-align: center;">Conditioning As you feel</p> <p style="text-align: center;">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>OFF</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">40 min as 15 min easy</p> <p>5x 200m fast, 200 m easy 10 min easy</p>	<p>OFF</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">20 min easy</p> <p>4x 10 sec pick ups at the end</p>	<p style="text-align: center;">Run</p> <p style="text-align: center;">RACE DAY!!!!!!!!</p> <p style="text-align: center;">☺</p> <p style="text-align: center;">Good luck and remember you have worked hard and you are ready!</p>	<p style="text-align: center;">Run: 1:55 plus race</p> <p style="text-align: center;">Conditioning: 30min</p>