

FULL MARATHON - INTERMEDIATE PROGRAM

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY	
WEEK	DATE	Rest or Light Active Recovery	Recovery Run	Workouts	Rest Day	Recovery Run	Recovery Run / Long Run	EVENTS
1 BUILD #1	June 30th	rest / active recovery	6-8km	2km warmup (WU), dynamic stretches (DS), 1.5km tempo (tempo pace should be slightly faster than your goal half marathon pace, but will be fairly similar), 2 min jog rest, 6 x 1 min hard uphill with jog back down as recovery, 1.5km tempo, 2 km cooldown (CD)	4-6km or rest	4-6km	4-6km / 12-14km	
2	July 7th	rest / active recovery	6-8km	2km WU, DS, 20 min tempo pace, 2km CD	4-6km or rest	6-8km	4-6km / 16-18km	July 9 Kardia Kick-Off Run
3	July 14th	rest / active recovery	7-10km	2km WU, DS, 10 X 3 mins (between 10km-half pace) on 1 min rest, 2km CD	4-6km or rest	6-8km	5-7km / 18-20km with your last 6km at marathon pace effort	July 19 CRS Long Run 1
4 Build #2	July 21st	rest / active recovery	8-10km	3km WU, DS, 25 min tempo, 3 km CD	4-6km or rest	7-9km	5-7km / 20-22km	
5	July 28th	rest / active recovery	8-10km	3km WU, DS, 12 x 90 seconds (10km effort) on 60 seconds jog rest, 3km CD	5-7km or rest	7-9km	5-7 / 20-22km progression run with your pace increasing every 5km by about 10 seconds per km (eg 5km at 6:30, next 5km at 6:20, etc)	
6	Aug 4th	rest / active recovery	9-11km	3km WU, DS, 30 min tempo, 3km CD	5-7km or rest	8-10km	5-7km / 22-24km	
7 Build #3	Aug 11th	rest / active recovery	9-11km	3km WU, 1-2-3-4-5-4-3-2-1 at tempo - 10km pace with 60 seconds rest after the 1,2,3 minutes and 90 seconds rest after the 4 and 5 minutes, 3km CD	5-7km or rest	8-10km	5-7km / 24-26km with your last 8km at marathon effort	Aug 16 CRS Long Run 2
8	Aug 18th	rest / active recovery	10-12km	3 km WU, DS, 2 x 18 min tempo on 2 min jog inbetween, 3 km CD	5-7km or rest	10-12km	5-7km / 24-26km	
9	Aug 25th	rest / active recovery	10-12km	3km WU, DS, 12 x 2 mins (half marathon pace) on 1 min rest, 3km CD	5-7km or rest	10-12km	5-7km / 26-28km with every 4km at goal marathon pace (4th, 8th, 12, 16th, 20th, 24th and 28th km's). You should go back into normal easy pace after the faster km.	
10 Intensity Weeks	Sept 1st	rest / active recovery	10-12km	3km WU, DS, 15 min tempo, 90 seconds jog, 4 min at 10km pace, 2 min rest, 15 min tempo, 90 seconds rest, 4 min 10km pace, 2 min rest, 3 km CD	5-7km or rest	10-12km	6-8km / 28-30km	
11	Sept 8th	rest / active recovery	10-12km	3km WU, DS, 5 x 6 min tempo on 90 seconds jog, 4 x 2 mins (5-10km pace) on 90 seconds jog, 3km CD	5-7km or rest	10-12km	6-8km / 30-32 km progression run. Aim to run each 5km 10 seconds per km faster than the previous 5km (eg 5km at 6:30, 5km at 6:20 etc), last 2 km easy	
12	Sept 15th	rest / active recovery	10-12km	3km WU, DS, 5 x 10 mins tempo on 90 seconds jog rest, 3 km CD	5-7km or rest	10-12km	6-8km / 30-32km	TBD CRS Long Run 3
13 Peak Weeks	Sept 22nd	rest / active recovery	10-12km	3km WU, DS, 18 x 1 min (5-10km pace) on 1 min jog rest, 3 km CD	5-7km or rest	10-12km	6-8km / 32-34 km with your last 8km at goal marathon pace	
14	Sept 29th	rest / active recovery	8-10km	3km WU, DS, 4 sets of 3-2-1 at 5-10km pace with 60 seconds rest after the 3 and the 2 minutes and 90 seconds rest after the 1's, 3 km CD	5-7km or rest	8-10km	6-8km / 34-36km	
15 Taper weeks	Oct 6th	rest / active recovery	6-8km	3km WU, DS, 6 x 3 minutes at 10km pace on 90 seconds jog, 4 x 1 min at 5km pace on 1 min jog rest, 3 km CD	4-6km or rest	6-8km	4-6km / 12-14km	Taper Week
16	Oct 13th	rest	6-8km	2km WU, DS, 2 x 5 mins at goal marathon pace on 2.5 min jog rest, 4 x 1 min at half pace on 1 min jog rest, 2km CD	rest or 4-6km	4-6km	shakeout / Race	RACE WEEK!