



TARGET RACE TIME SUB 3 HOURS

MARATHON TRAINING PLAN

MY PLEDGE _____

TARGET TIME _____

TRAINING NOTES _____



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 JAN 27 - FEB 2	10km easy or rest day	8-10km easy	6km at long tempo pace	Rest Day	10km easy	8-15km easy	Rest Day
2 FEB 3 - 9	10km easy or rest day	8-10km easy	Warm up; 20mins at tempo pace; warm down	Rest Day	10km easy	5km park run	Rest Day
3 FEB 10 - 16	10km easy or rest day	8-10km easy	8km at long tempo pace	Rest Day	10km easy	8-15km easy	Rest Day
4 FEB 17 - 23	10km easy or rest day	8-10km easy	Warm up; 20-30 min at tempo pace; warm down	Rest Day	10km easy	5km park run	Rest Day
5 FEB 24 - MAR 2	10km easy or rest day	8-10km easy	10km at long tempo pace	Rest Day	10km easy	15km easy	Rest Day
6 MAR 3 - 9	10km easy or rest day	8-10km easy	10-12km at long tempo pace	Rest Day	10km easy	20km medium	Rest Day



16 WEEK GREAT OCEAN ROAD MARATHON TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7 MAR 10 - 16	10km easy or rest day	8-10km easy	Warm up, 6-8 x 1km at 10km pace, 2:30 jogging recovery, warm down	Rest Day	10km easy	15km easy	Rest Day
8 MAR 17 - 23	10km easy or rest day	8-10km easy	12km at long tempo pace	Rest Day	10km easy	25km medium	Rest Day
9 MAR 24 - 30	10km easy or rest day	8-10km easy	12-15km at long tempo pace	Rest Day	10km easy	20km easy	Rest Day
10 MAR 31 - APR 6	10km easy or rest day	8-10km easy	Warm up; 5 x 2km at tempo pace, 1:30 jogging recovery; warm down	Rest Day	10km easy	30km medium	Rest Day
11 APR 7 - 13	10km easy or rest day	8-10km easy	15km at long tempo pace	Rest Day	10km easy	5km park run	Rest Day
12 APR 14 - 20	10km easy or rest day	8-10km easy	Rest Day	Rest Day	10km easy	35km medium	Rest Day
13 APR 21 - 27	10km easy or rest day	8-10km easy	Warm up, 8 x 400 at interval pace, 40 sec/100m recovery, warm down	Rest Day	10km easy	Race Specific Workout*	Rest Day
14 APR 28 - MAY 4	10km easy or rest day	8-10km easy	Warm up, 6-8 x 1km at 10km pace, 2:00 jogging recovery, warm down	Rest Day	10km easy	30km medium	Rest Day
15 MAY 5 - 11	10km easy or rest day	8-10km easy	Rest Day	Warm up, 5 x 2km at tempo pace, 1:00 jogging recovery, warm down	Rest Day	10km easy	20km easy
16 MAY 12 - 18	Rest Day	8-10km easy	8km at Marathon Pace	Rest Day	6-8km easy	6-8km easy	★ RACE DAY GOOD LUCK!



TRAINING PACES	★ RACE WORKOUT
EASY PACE = 5:00 per km	★ 5km easy
MEDIUM PACE = 4:20-4:25 per km	★ Straight into 6km at marathon pace, 1:00 jogging recovery
MARATHON PACE = 4:15 per km	★ 5 x 1km at tempo pace, 1:30 jogging recovery after each 1km
LONG TEMPO PACE = 4:10 per km	★ 6km marathon pace
TEMPO PACE = 4:00 per km	★ 5km easy
10KM PACE = 3:52 per km	★ Total 27km
INTERVAL PACE = 3:40 per km	