

42.2K 6 WEEK TRAINING PLAN

This plan has been designed with a planned virtual race day of **Sunday 8 November 2020**.

If that date doesn't work for you or if the weather isn't ideal, follow the suggested Week 7 schedule.

Important - before you begin this training program, you should be able to run 25km and should have been training for at least 3x per week for the past 6 weeks.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest or cross training <i>This could be strength work such as Pilates, swimming, yoga or bike riding.</i>	45-60 min run Easy to moderate Challenge Include 6-8 x 2 min hill efforts at Moderate-hard pace.	6-8km run Easy or Rest	60 min run Include 6x (1km Moderate to hard + 90 sec rest)	Rest	6-8km run Easy Challenge Include 20 min at target marathon pace.	28-33km run Easy to moderate (at least 20 sec per km slower than target race pace). Only increase long run 10% from previous week.
2	Rest or cross training	45-60 min run Easy to moderate Challenge Include 10 x (60 sec Moderate-hard + 120 sec Easy-moderate)	6-8km run Easy or Rest	60 min run Include 4x (600m Moderate + 600m Moderate hard + 600m Hard + 2 min rest)	Rest	6-8km run Easy	28-33km run Easy to moderate (at least 20 sec per km slower than target race pace). Challenge Include 1 hour at your target marathon /ultra pace.
3	Rest or cross training	45-60 min run Easy to moderate Challenge Include 8x (90 sec hill efforts + jog down recovery).	6-8km run Easy or Rest	60 min run Include 4x (1,600m Moderate to hard + 2 min rest) Challenge Pick up the pace for the last 400m of each effort.	Rest	6-8km run Easy or Rest	30-35km run Easy to moderate Challenge Complete 1/3 of your run slower than target pace (approx. 20-30 sec/km), 1/3 of your run at target pace and 1/3 of your run faster than target pace (approx. 5-15 sec/km).
4	Rest or cross training	40-50min run Easy	Cross training	60 min run Include 5-7x (600m Moderate to hard + 400m Easy)	Rest	6km run Easy Include 4x 30 sec strides throughout.	90-120 min run Moderate Include 30 min at target race pace. Do not run further than 24km.
5	Rest or cross training	40-50min run Easy to moderate	Rest	40-60min run Easy to moderate After a 10 min warm up include 8-10x 500m Race pace + 60 sec walk)	Rest	6km run Easy Include 4x 30 sec strides throughout.	60-75 min run Easy to moderate 2 x 2km at target race pace + 10 min easy. Do not run further than 15km.
6	Rest or cross training	30-40min run Easy to moderate Challenge Include 10x (30sec Fast +30sec Easy)	Rest	30-40 min run Easy	Rest	15-30min run Easy Optional: 3x 30-60 sec Race Pace efforts	RACE DAY
7	Rest or cross training	2km warm up (Easy) Run a few 20sec strides and then run 6x400 (5k pace). 1-2 km cool down (Easy)	Rest or cross training	Run on a flat course or treadmill. 5-10 min warm up (Easy) + 10 min run (Moderate to moderate/hard) + 5-10 min cool down (Easy)	Rest	2km warm up (Easy) Run a few 20sec strides and then run 1 x 400 (5k pace) 1km cool down (Easy)	Rest

Test your race day nutrition

Tired? Rest or swim

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases

HARD - Speaking is virtually impossible