

MARATHON - 5 hour - 6 month training program

	Mon	Tue	Wed	Thu	Fri	Sat or Sun
Week 1	3x(8min Power walk, 2min E)	rest	10min Powerwalk, 10min E, 10min PW	rest	10min Powerwalk, 6x(2min E, 2min walk)	Powerwalk 40min 10min E-pace
Week 2	3x(5min Power walk, 5min E)	rest	10min E, 5min walk 10min E	rest	4km E-pace run	Powerwalk 20min and 30min E-pace
Week 3	3x (2min PW, 8min E-pace)	rest	20min E, 6x500m T-pace with 2min rest	rest	10min E, 10min M, 10min E	Short term goal Park run 5km Sub 31min
Week 4	Recovery week with LSD run 30min Easy jog	rest	40min Easy jog	rest	Easy cycle 30min or swim 15min	60min Powerwalk
Week 5	40min E 6xStrides	40min E	30min E, 15min T	rest	30min of 3min E, 1min I-pace	50min LSD run
Week 6	45min E 6xStrides	rest	40min of 3min E, 1min I-pace	rest	40min E-pace plus 6xStrides	Short term goal Park run 5km Sub 31min
Week 7	50min E 6xStrides	rest	10min E, 2x3km T-pace with 2min rest	rest	15min E, 10x250m Hills 15min E	1h20 E-pace run
Week 8	Recovery week with back to back LSD runs 60min Easy jog	rest	60min Easy jog	rest	Back to back 15km LSD	Medium goal 10km road race Sub 1h03:46
Week 9	60min E 6xStrides	rest	15min E, 6x300m Hills 15min E	rest	10min E, 4x2km T-pace with 2min rest	1h40 LSD run
Week 10	65min E 6xStrides	1h20 E	20min E, 40min T	rest	10min E, 6x1km I-pace with 2min rest	60min Medium-pace
Week 11	70min Easy jog 6xStrides	rest	10min E, 10min T 10min E, 10min T	rest	15min easy jog, 6x30s fast with 1min rest	Medium Goal 15km race Sub 1h38:14
Week 12	Recovery week with a longer LSD run 40min Easy jog	rest	60min Easy jog	rest	Easy cycle or swim	2h00 LSD run
Week 13	70min E 6xStrides	rest	15min E, 6x300m Hills 15min E	rest	40min of 3min E, 1min I-pace	2h20 LSD run
Week 14	60min E 6xStrides	1h30 E	8km club time trial		10min E, 6x1km I-pace with 2min rest	1h45 LSD
Week 15	60min E 6xStrides	rest	10min E, 3x3km T-pace with 2min rest	rest	40min E-pace plus 6xStrides	Medium Goal 21km race Sub 2h21:04
Week 16	Recovery week with back to back LSD runs 40min Easy jog	rest	60min Easy jog	rest	Easy cycle or swim	1h30 E-pace run
Week 17	70min E 6xStrides	1h10 E	20min E, 40min T	rest	10min E, 4x2km T-pace with 2min rest	26km LSD
Week 18	70min E 6xStrides	rest	30min E, 30min T	rest	15min E, 10x250m Hills 15min E	1h50 Medium-pace
Week 19	60min E, 6xStrides	1h20 E	10min E, 3x4km T-pace with 2min rest	rest	8km time trial	32km LSD
Week 20	Recovery week with back to back LSD runs 50min E-pace		60min E-pace	rest	Back to back 21km LSD	Back to back 21km LSD
Week 21	60min E 6xStrides	1h30 E	20min E, 30min T	rest	45min E	21km at M-pace
Week 22	20min E, 20min M, 20min E	rest	30min E, 30min T	rest	10min E, 4x2km T-pace with 2min rest	1h20 LSD
Week 23	50min E 6xStrides	45min E	40min E, 20min T	rest	40min of 1min E, 1min I-pace	1h00min LSD run
Week 24	40min Easy jog 6xStrides	rest	10min E, 10min T 10min E	rest	15min easy jog, 6x30s fast with 1min rest	Sanlam Cape Town Marathon goal 3h59

Notes: E=Easy pace - heart rate below 140bpm - 7:52pkm
M=Medium pace - heart rate between 140-155bpm - 6:51pkm
T=Threshold pace - heart rate between 155-170bpm - 6:24pkm
I=Interval pace - heart rate 165bpm and higher - 5:40pkm
LSD=Long slow distance - heart rate below 140bpm - 7:52pkm
Strides=Controlled faster than race pace efforts 100m