



Targeting Sub 4 hours

Developing Ha

1	2	3	4	5	6	7	8	9	10	11	12
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Monday	Tgt	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E
	Done																						
Tuesday	Tgt	30	E	30	E	30	E	30	E	40	E/S	40	E/S	40	E	40	E/S	40	E	40	E/S	40	E
	Done																						
Wednesday	Tgt	60	E	60	E	60	E	60	E	60	E	60	E	60	E	60	E	75	E	60	E	75	E
	Done																						
Thursday	Tgt	30		30		30		30		30		30		30		30		30		30		30	
	Done																						
Friday	Tgt									30		30		30		30				30			
	Done																						
Saturday	Tgt	30	E/S	30	E/S	30	E/S	30	E/S	40	E/S	30	Accn	40	E/S	30	Accn	30	E/S	40	E	40	E/S
	Done																						
Sunday	Tgt	105	E	105	E	105	E	120	E	120	E	120	E	105	E	120	E	120	E	120	E	105	E
	Done																						

Weekly Target	4.8		4.8		4.8		5.0		5.8		5.7		5.6		5.7		5.2		5.6		5.6		5.6	
Weekly Totals - Actual	0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0	

Notes

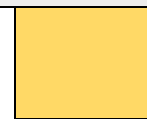
Short Fartlek includes 10 minutes of warm up and 4 mins of cool down

Cross training introduced for rest day

Medium Long Run Introduced Structured Fartlek 1x90, 2x60, 4*30, 4*15

"E" = Easy - talk test, gradually extend walk to run

"ES" = Pick up the pace for last 25% of the run



If Marathon/Marathon Schedule

Week Number

13		14		15		16		17		18		19		20		21		22		23		24		25		26	
Time (Minutes)																											
30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E	30	E
40	E/S	40	E/S	40	E	40	E/S	40	E/S	40	E/S	40	E	40	E/S	40	E	40	E	50	E	40	E/S	50	E/S	40	E/S
60	E	75	E	75	E	75	E	60	E	75	E	75	E	75	E	60	E	60	E	75	E	75	E	75	E	75	E
30		30		30		40		40		30		30		30		30		40		40		40		40		40	
Struct Fartlek (13)		Short Fartlek (10)		Short Fartlek (10)		Long Fartlek (12)		Struct. Fartlek (13)		Short Fartlek (10)		Long Fartlek (12)		Short Fartlek (10)		Short Fartlek (10)		Short Fartlek (10)		Long Fartlek (12)		Struct Fartlek (13)		Short Fartlek (10)		Long Fartlek (12)	
30						30		30				30				30		30	E	30	E	30	E	30	E	30	E
Swim/Cycle		rest		rest		Swim/Cycle		Swim/Cycle		rest		Swim/Cycle															
40	E/S	40	E/S	40	E/S	40	Accn	40	Accn	30	E	40	Accn	40	E	40	Accn	40	Accn	40	E/S	40	E/S	40	Accn	40	E/S
120	E	105	E	120	E	105	E	120	E	135	E	120	E	135	E	120	E	120	E	135	E	135	E	120	E	105	E
Hours																											
5.8		5.3		5.6		6.0		6.0		5.7		6.1		5.8		5.8		6.0		6.7		6.5		6.4		6.0	
0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0		0.0	

Long Fartlek introduced after 15 mins warm up. 6x1 min fast, 1 min recovery

Running Everyday commences

