

RUNMUM 12 week Marathon Run Program

This program is a guide to getting you to a marathon after completing Run Melbourne or any other half event 12 weeks out from a marathon, injury free, strong and confident. It is not about chasing a PB, but getting you to the distance.

Please consult a health care professional to be cleared for any exercise program.

This program has been written by a qualified run coach and trainer.

This program is broken into sessions not days, as life is busy and only you know when you can fit certain elements of your training in.



RUNMUM 12 week Marathon Run Program

Pace guide:

Easy: You're able to hold a conversation while running.

Steady: This is your marathon pace. Pick a time you want to finish in and work out the pace you need to set over the 42.2 km if you are running to finish, then your steady run is just to get the km done regardless of time it takes.

Tempo: You won't be able to talk much at all. This is the kind of pace you might run a 5km at.

Strides: These are fast, short sprints at around 85% to 95% effort.

1:1 standing Rest: This relates to the recovery time period that replicates the time the rep takes, so like for like. For example, if you run the first 1km rep in 4min 25sec, the rest period is 4 min 25sec which is spent stationary, before then going into the second 1km rep. If you complete the second rep in 4 min 43sec, the rest period is then 4 min 43sec, and so on. The aim is to keep all reps equal.

I have written this in sessions as you need to work out what days suit you best and your week. The only conditions:

Absorption run comes after your long run.

Strength session not the day before your long run day



RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
1	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5-6 km run</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Core</p> <p>Equipment required: Mat</p> <p>Warm-up: as preferred.</p> <p>Plank sequence</p> <p>Do the following plank sequence, and try to keep your knees up the whole time:</p> <p>Standard side plank x 10 reps (left side) Rotate over into elbows and toes plank for 30 secs Then into a standard side plank x 10 reps (right side) Back into elbows and toes plank for 30 secs</p> <p>Repeat 3 sets with 60 second rest between</p> <p>Plank Side Knee Raises x 10 each side Glute bridge x 15 reps Butterfly kicks x 20 reps</p> <p>Repeat 3 sets with 60 second rest between</p>	<p>Strides session</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session-</p> <p>Mona Fartlek Session</p> <p>2 km Warm Up</p> <p>20 mins Mona Fartlek</p> <p>Mona Fartlek: 2x 90 secs on/ 90 secs off 4x 60 secs on/60 secs off 4x 30 secs on/30 secs off 4x 15 secs on/15 secs off</p> <p>2 km Warm Down</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell deadlifts using heavier deadlifts x 20 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Reverse weighted lunge with dumbbells x 15 reps each leg Inchworm x 8</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 30 reps</p> <p>Curtseys with light dumbbells x 15 each side</p> <p>Repeat 3 sets with 60 second rest between each set.</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 18 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
2	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 8 km run or run for about 50 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: HIIT Workout</p> <p>Equipment required: Mat</p> <p>Warm-up: as preferred.</p> <p>20 minutes with no rest</p> <p>10 step ups 10 squats 10 push ups 10 full sit ups 20 walking lunges</p> <p>Cool down and stretch</p>	<p>Tempo run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 10 km at your 5km race pace. This should be a pace you can not talk much at all.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Step-ups holding light dumbbells x 15 reps each leg, alternating legs each step Lunges holding light dumbbells overhead for 25 steps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Single leg deadlifts left x 15 reps Single leg deadlifts right x 15 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Squat to shoulder press with light dumbbells x 15 reps Squats with heavy dumbbell x 10 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Cool down and stretch</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 20 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
3	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5-6 km run or run for about 40 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Core workout</p> <p>Equipment required: Mat, exercise ball</p> <p>Warm-up: as preferred.</p> <p>Exercise ball plank (forearms on the ball) for 60 secs</p> <p>Exercise ball plank (feet on the ball) for 60 secs</p> <p>Repeat x 3 sets each</p> <p>Exercise ball crunches x 15</p> <p>Exercise ball oblique crunches x 10 each side</p> <p>Rest 60 secs, then repeat x 3 sets</p> <p>Exercise ball oblique roll</p> <p>-20 reps x 3 sets</p> <p>Cool down and stretch</p>	<p>Strides session</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session- Hills</p> <p>2km Warm Up</p> <p>4 x 400 m incline</p> <p>4 x 200 m incline</p> <p>Jog back down hill</p> <p>2km Warm Down</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Step-ups holding light dumbbells x 15 reps each leg, alternating legs each step</p> <p>Lunges holding light dumbbells overhead for 20 steps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Bridging x 50</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Squats with heavy dumbbell x 20 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Cool down and stretch</p>	<p>Cross train some suggestions include:</p> <p>Yoga</p> <p>Pilates</p> <p>Swimming</p> <p>Boxing</p> <p>Leisurely walk</p>	Rest	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 22 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
4	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 7 km run or run for about 40 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: HIIT Workout</p> <p>Equipment required: Mat</p> <p>Warm-up: as preferred.</p> <p>10 rounds with 60 second rest between each round.</p> <p>40 seconds of each exercise with 20 second rest between each exercise.</p> <p>Push ups Butterfly kicks Jump squats Sprint on the spot Mountain climbers Frog jumps</p> <p>Cool down and stretch</p>	<p>Tempo run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 10-12 km at your 5km race pace. This should be a pace you can not talk much at all.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell squats x 20 Light Dumbbell alternate lunges left x 20 each side</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Air squats x 30 Curtsey lunges x 15 each leg</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Butterfly kicks x 20 Squat jumps x 10 V sit ups x 10</p> <p>No rest between exercises Repeat x 3 sets with 60 second rest between each set</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 24 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
5	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 6 km run or run for about 35 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>You can follow this with some active recovery.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Core workout</p> <p>Equipment required: Mat, exercise ball</p> <p>Plank 60 secs V- sit ups x 10 reps Overhead medicine ball slams x 15 reps Mountain climbers x 20 reps Raised leg lower ab crunch x 10 reps Plank leg lift x 5 each leg</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p>Cool down and stretch</p>	<p>Strides session</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Intervals session- Hills</p> <p>2km Warm Up</p> <p>6 x 300m Run</p> <p>Jog back down hill</p> <p>2km Warm Down</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Double leg hip thrust with lighter dumbbell x 20 reps Donkey kicks left x 30 reps Donkey kicks right x 30 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 30 Squat jumps x 15</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Walking lunges with light dumbbells x 30 steps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>• Cool down and stretch</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 26 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
6	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 6 km run or run for about 35 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>You can follow this with some active recovery.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: HIIT Workout</p> <p>Equipment required: Mat</p> <p>Warm-up: as preferred.</p> <p>20 minutes with no rest</p> <p>20 step ups 10 squats 10 push ups 10 full sit ups 20 walking lunges 10 mountain climbers</p> <p>Cool down and stretch</p>	<p>Tempo run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 10-12 km at your 5km race pace. This should be a pace you can not talk much at all.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell deadlifts using heavier deadlifts x 20 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Reverse weighted lunge with dumbbells x 15 reps each leg Inchworm x 10</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 50 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 28 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
7	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5 km run or run for about 30 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Core</p> <p>Equipment required: Mat, exercise ball</p> <p>Plank 60 secs V- sit ups x 10 reps Overhead medicine ball slams x 15 reps Mountain climbers x 20 reps Raised leg lower ab crunch x 10 reps Plank leg lift x 5 each leg</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p>Cool down and stretch</p>	<p>Strides session</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 8 km run with 400 m bursts with equal recovery jogs x 8</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Heavy dumbbells, light dumbbells, mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell squats x 20 Light Dumbbell alternate lunges left x 20 each side</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Air squats x 30 Curtsey lunges x 15 each leg</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Butterfly kicks x 50 Squat jumps x 20 V sit ups x 15</p> <p>No rest between exercises Repeat x 3 sets with 60 second rest between each set</p> <p>• Cool down and stretch</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 30 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
8	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5 km run or run for about 30 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Core workout</p> <p>Equipment required: Mat, exercise ball</p> <p>Plank 60 secs V- sit ups x 10 reps Jacknives x 10 Butterfly kicks x 20 Full sit ups x 10 Raised leg lower ab crunch x 10 reps Plank leg lift x 5 each leg</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p>Cool down and stretch</p>	<p>Tempo run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 10-12 km at your 5km race pace. This should be a pace you can not talk much at all.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Double leg hip thrust with lighter dumbbell x 20 reps Donkey kicks left x 30 reps Donkey kicks right x 30 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 50 Squat jumps x 15</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Walking lunges with dumbbells x 30 steps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>• Cool down and stretch</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 32 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
9	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5 km run or run for about 30 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: HIIT workout</p> <p>Warm-up: as preferred.</p> <p>Complete 10 sets with 30 seconds of work and 20 seconds of rest of each of the following activities.</p> <p>Tricep dips Mountain climbers - reps are each leg Squat jumps Push-ups Bicycle crunch (hard) - reps are each leg Plank shoulder touches - reps are each arm</p> <p>Cool down and stretch</p>	<p>Strides session</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Complete Yasso's 800m</p> <p>Yasso 800s are exactly what you think—running 800 meters. In this case, you should run 10 x 800 until you get a time you can keep consistently or, the marathon time you are shooting for. For example, if you can run 10 x 800 in 3 minutes and 30 seconds each, you should be able to run a 3 hour and 30 minute marathon.</p> <p>Good luck and have fun.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Double leg hip thrust with lighter dumbbell x 20 reps Donkey kicks left x 30 reps Donkey kicks right x 30 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 50 Squat jumps x 15</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Walking lunges with dumbbells x 30 steps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>• Cool down and stretch</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Rest</p>	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 34 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
10	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5 km run or run for about 30 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Core workout</p> <p>Equipment required: Mat, exercise ball</p> <p>Warm-up: as preferred.</p> <p>Exercise ball plank (forearms on the ball) for 60 secs</p> <p>Exercise ball plank (feet on the ball) for 60 secs</p> <p>Repeat x 3 sets each</p> <p>Exercise ball crunches x 15</p> <p>Exercise ball oblique crunches x 10 each side</p> <p>Rest 60 secs, then repeat x 3 sets</p> <p>Exercise ball oblique roll</p> <p>-20 reps x 3 sets</p> <p>Cool down and stretch</p>	<p>Strides session</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>2km Warm Up</p> <p>20 mins Mona Fartlek</p> <p>Mona Fartlek:</p> <p>2x 90secs on/ 90 secs off</p> <p>4x 60 secs on/60 secs off</p> <p>4x 30 secs on/30secs off</p> <p>4x 15secs on/15 secs off</p> <p>1km Warm Down</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy) and a mat.</p> <p>Warm-up: as preferred.</p> <p>Double leg hip thrust with lighter dumbbell x 20 reps</p> <p>Donkey kicks left x 30 reps</p> <p>Donkey kicks right x 30 reps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Air squats x 50</p> <p>Squat jumps x 15</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>Walking lunges with dumbbells x 30 steps</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>• Cool down and stretch</p>	<p>Cross train some suggestions include:</p> <p>Yoga</p> <p>Pilates</p> <p>Swimming</p> <p>Boxing</p> <p>Leisurely walk</p>	Rest	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 28 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
11	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5 km run or run for about 30 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Core workout</p> <p>Equipment required: Mat, exercise ball</p> <p>Plank 60 secs V- sit ups x 15 reps Jacknives x 15 Butterfly kicks x 20 Full sit ups x 10 Mountain climbers x 20 Oblique side crunches x 10 each side</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p>Cool down and stretch</p>	<p>Tempo run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 8 km at your 5km race pace. This should be a pace you can not talk much at all.</p>	<p>Strength or equivalent strength class</p> <p>Focus: Core workout</p> <p>Equipment required: Mat, exercise ball</p> <p>Plank 60 secs V- sit ups x 15 reps Jacknives x 15 Butterfly kicks x 20 Full sit ups x 10 Mountain climbers x 20 Oblique side crunches x 10 each side</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p>Cool down and stretch</p>	<p>Cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	Rest	<p>Long steady run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Run 18 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch and foam roll for 10 -15 minutes.</p>

RUNMUM 12 Week Marathon Program

Week	Session	Session	Session	Session	Session	Session	Session
12	<p>Absorption run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5 km run or run for about 30 minutes.</p> <p>We call this an absorption run, from our long run on Sunday. As the km increase this can be a run walk. But the walk must be fast.</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Cross train some suggestions include:</p> <p>Yoga</p> <p>Pilates</p> <p>Swimming</p> <p>Boxing</p> <p>Leisurely walk</p>	<p>Strength</p> <p>Focus: Core workout</p> <p>Equipment required: Mat, exercise ball</p> <p>Plank 60 secs</p> <p>V- sit ups x 15 reps</p> <p>Jacknives x 15</p> <p>Butterfly kicks x 20</p> <p>Full sit ups x 10</p> <p>Mountain climbers x 20</p> <p>Oblique side crunches x 10 each side</p> <p>Repeat 5 sets with 60 second rest between each set.</p> <p>Cool down and stretch</p>	<p>Rest</p>	<p>Easy run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Easy 5 km run</p> <p>Follow with some static stretching and foam rolling for half hour.</p>	<p>Rest</p>	<p>Race Day</p>