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.

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

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

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Week	Session	Session	Session	Session	Session	Session	Session
2	Absorption run	Strength or equivalent strength class	Tempo run	Strength or equivalent	Cross train some	Rest	Long steady run
	Begin with:		Begin with:	strength class	suggestions include:		
	begin with.	Focus: HIIT Workout	begiii witii.		Yoga		Begin with:
	Walking lunges 10 per leg		Walking lunges 10 per leg	Focus: Lower Body	Pilates		205
		Equipment required: Mat			Swimming		Walking lunges 10 per
	Butt kicks 20 m turn around and		Butt kicks 20 m turn around and come	Equipment required:	Boxing		leg
	come back.	Warm-up: as preferred.	back.	Dumbbells (light and heavy) and a mat.	Leisurely walk		Butt kicks 20 m turn
	High knees for 20m metres turn		High knees for 20m metres turn around	and a mat.			around and come
	around and come back.	20 minutes with no rest	and come back.	Warm-up: as preferred.			back.
		10 step ups		Step-ups holding light			High knees for 20m
	Easy 8 km run or run for about 50 minutes.	10 squats 10 push ups	Run 10 km at your 5km race pace. This should be a pace you can not talk much at	dumbbells x 15 reps each leg, alternating legs each step			metres turn around and come back.
	50 minutes.	10 full sit ups	all.	Lunges holding light dumbbells			and come back.
	We call this an absorption run,	20 walking lunges		overhead for 25 steps			
	from our long run on Sunday. As						Run 20 km steady,
	the km increase this can be a	Cool down and stretch		Repeat x 3 sets with 60 second			aim for distance
	run walk. But the walk must be fast.			rest between each set			only.
	iust.			Single leg deadlifts left x 15			5 minutes of walking
				reps			to cool down.
	Follow with some static			Single leg deadlifts right x 15			
	stretching and foam rolling for half hour.			reps			Stretch and foam roll for 10 -15 minutes.
	nati nour.			Repeat x 3 sets with 60 second			ior io -15 minutes.
				rest between each set			
				Squat to shoulder press with			
				light dumbbells x 15 reps Squats with heavy dumbbell x			
				10 reps			
				Repeat x 3 sets with 60 second			
				rest between each set			
				Cool down and stretch			
				Cool down and stretch			

Week	Session	Session	Session	Session	Session	Session	Session
3	Absorption run	Strength or equivalent strength class	Strides session	Strength or equivalent	Cross train some	Rest	Long steady run
				strength class	suggestions include:		
	Begin with:	Focus: Core workout	Begin with:		V		Damin with
	Walking lunges 10 per leg	Focus: Core workout	Walking lunges 10 per leg	Focus: Lower Body	Yoga Pilates		Begin with:
	watking tunges to per teg	Equipment required: Mat, exercise	watking tunges to per teg	rocus, Lower Body	Swimming		Walking lunges 10 per
	Butt kicks 20 m turn around and	ball	Butt kicks 20 m turn around and come	Equipment required:	Boxing		leg
	come back.		back.	Dumbbells (light and heavy)	Leisurely walk		
		Warm-up: as preferred.		and a mat.			Butt kicks 20 m turn
	High knees for 20m metres turn		High knees for 20m metres turn around				around and come
	around and come back.	Exercise ball plank (forearms on the	and come back.	Warm-up: as preferred.			back.
		ball) for 60 secs Exercise ball plank (feet on the ball)		Step-ups holding light			High knees for 20m
	Easy 5-6 km run or run for about	for 60 secs	Intervals session- Hills	dumbbells x 15 reps each leg,			metres turn around
	40 minutes.	15. 63 5665		alternating legs each step			and come back.
		Repeat x 3 sets each	2km Warm Up				
	We call this an absorption run,			Lunges holding light dumbbells			
	from our long run on Sunday. As	Exercise ball crunches x 15	4 x 400 m incline	overhead for 20 steps			Run 22 km steady,
	the km increase this can be a run walk. But the walk must be	Exercise ball oblique crunches x 10	4 x 200 m incline	Depart w 2 acts with 40 accord			aim for distance
	fast.	each side	4 x 200 m incline	Repeat x 3 sets with 60 second rest between each set			only.
	1430.	Rest 60 secs, then repeat x 3 sets	Jog back down hill	rest between each set			5 minutes of walking
				Bridging x 50			to cool down.
	Follow with some static		2km Warm Down				
	stretching and foam rolling for	Exercise ball oblique roll		Repeat x 3 sets with 60 second			Stretch and foam roll
	half hour.	20 2 4	Stretch for 10 -15 minutes.	rest between each set			for 10 -15 minutes.
		-20 reps x 3 sets		Squats with heavy dumbbell x			
		Cool down and stretch		20 reps			
				20.000			
				Repeat x 3 sets with 60 second			
				rest between each set			
				Cool down and stoot ab			
				Cool down and stretch			

Week	Session	Session	Session	Session	Session	Session	Session
4	Absorption run	Strength or equivalent strength class	Tempo run	Strength or equivalent	Cross train some	Rest	Long steady run
	·		· ·	strength class	suggestions include:		3 ,
	Begin with:		Begin with:	3			Begin with:
		Focus: HIIT Workout			Yoga		
	Walking lunges 10 per leg		Walking lunges 10 per leg	Focus: Lower Body	Pilates		Walking lunges 10 per
	3 to 3 to 1 per 12 3	Equipment required: Mat	The second secon		Swimming		leg
	Butt kicks 20 m turn around		Butt kicks 20 m turn around and come	Equipment required: Dumbbells	Boxing		J
	and come back.	Warm-up: as preferred.	back.	(light and heavy) and a mat.	Leisurely walk		Butt kicks 20 m turn
				, ,	•		around and come
	High knees for 20m metres	10 rounds with 60 second rest between	High knees for 20m metres turn around and	Warm-up: as preferred.			back.
	turn around and come back.	each round.	come back.				
							High knees for 20m
		40 seconds of each exercise with 20		Dumbbell squats x 20			metres turn around
	Easy 7 km run or run for about	second rest between each exercise.	Run 10-12 km at your 5km race pace. This	Light Dumbbell alternate			and come back.
	40 minutes.		should be a pace you can not talk much at	lunges left x 20 each side			
		Push ups	all.				
	We call this an absorption run,	Butterfly kicks		Repeat x 3 sets with 60 second			Run 24 km steady,
	from our long run on Sunday.	Jump squats		rest between each set			aim for distance only.
	As the km increase this can be	Sprint on the spot					
	a run walk. But the walk must	Mountain climbers		Air squats x 30			5 minutes of walking
	be fast.	Frog jumps		Curtsey lunges x 15 each leg			to cool down.
				Repeat x 3 sets with 60 second			Stretch and foam roll
	Follow with some static	Cool down and stretch		rest between each set			for 10 -15 minutes.
	stretching and foam rolling for						
	half hour.			Butterfly kicks x 20			
				Squat jumps x 10			
				V sit ups x 10			
				No rest between exercises			
				Repeat x 3 sets with 60 second			
				rest between each set			

Week	Session	Session	Session	Session	Session	Session	Session
5	Absorption run	Strength or equivalent strength class	Strides session	Strength or equivalent	Cross train some	Rest	Long steady run
				strength class	suggestions include:		
	Begin with:		Begin with:				
		Focus: Core workout			Yoga		Begin with:
	Walking lunges 10 per leg		Walking lunges 10 per leg	Focus: Lower Body	Pilates		
		Equipment required: Mat, exercise			Swimming		Walking lunges 10 per
	Butt kicks 20 m turn around and	ball	Butt kicks 20 m turn around and come	Equipment required:	Boxing		leg
	come back.		back.	Dumbbells (light and heavy)	Leisurely walk		
				and a mat.			Butt kicks 20 m turn
	High knees for 20m metres turn	Plank 60 secs	High knees for 20m metres turn around				around and come
	around and come back.	V- sit ups x 10 reps	and come back.	Warm-up: as preferred.			back.
		Overhead medicine ball slams x 15 reps					
		Mountain climbers x 20 reps		5 11 1 11 11 11 11			High knees for 20m
	Easy 6 km run or run for about	Raised leg lower ab crunch x 10 reps	Intervals session- Hills	Double leg hip thrust with			metres turn around
	35 minutes.	Plank leg lift x 5 each leg	21 11	lighter dumbbell x 20 reps			and come back.
	We call this are charaction was	Repeat 5 sets with 60 second rest	2km Warm Up	Donkey kicks left x 30 reps Donkey kicks right x 30 reps			
	We call this an absorption run, from our long run on Sunday. As	between each set.	6 x 300m Run	Donkey kicks right x 30 reps			Run 26 km steady,
	the km increase this can be a	between each set.	6 x 300III Ruii	Repeat 3 sets with 60 second			aim for distance
	run walk. But the walk must be		Jog back down hill	rest between each set.			only.
	fast.		Jog Back down mik	rest between each set.			only.
	rust.	Cool down and stretch	2km Warm Down				5 minutes of walking
	You can follow this with some			Air squats x 30			to cool down.
	active recovery.		Stretch for 10 -15 minutes.	Squat jumps x 15			
	•						Stretch and foam roll
				Repeat 3 sets with 60 second			for 10 -15 minutes.
	Follow with some static			rest between each set.			
	stretching and foam rolling for						
	half hour.			Walking lunges with light			
				dumbbells x 30 steps			
				Repeat 3 sets with 60 second			
				rest between each set.			
				Cool down and stretch			

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

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

Week	Session	Session	Session	Session	Session	Session	Session
8	Absorption run	Strength or equivalent strength class	Tempo run	Strength or equivalent strength class	Cross train some suggestions include:	Rest	Long steady run
	Begin with:	Farmer Community	Begin with:		V		Don't with
	Walking lunges 10 per leg	Focus: Core workout	Walking lunges 10 per leg	Focus: Lower Body	Yoga Pilates		Begin with:
	watting tanges to per teg	Equipment required: Mat, exercise	watering tanges to per teg	1 ocus, concr body	Swimming		Walking lunges 10 per
	Butt kicks 20 m turn around and	ball	Butt kicks 20 m turn around and come		Boxing		leg
	come back.		back.	Equipment required:	Leisurely walk		Dutt biolo 20 m tum
	High knees for 20m metres turn	Plank 60 secs	High knees for 20m metres turn around	Dumbbells (light and heavy) and a mat.			Butt kicks 20 m turn around and come
	around and come back.	V- sit ups x 10 reps	and come back.	u u			back.
		Jacknives x 10		Warm-up: as preferred.			
	Easy 5 km run or run for about	Butterfly kicks x 20 Full sit ups x 10	Run 10-12 km at your 5km race pace. This	Double leg hip thrust with			High knees for 20m metres turn around
	30 minutes.	Raised leg lower ab crunch x 10 reps	should be a pace you can not talk much at	lighter dumbbell x 20 reps			and come back.
		Plank leg lift x 5 each leg	all.	Donkey kicks left x 30 reps			
	We call this an absorption run,			Donkey kicks right x 30 reps			
	from our long run on Sunday. As the km increase this can be a	Repeat 5 sets with 60 second rest between each set.		Repeat 3 sets with 60 second			Run 32 km steady, aim for distance
	run walk. But the walk must be	between each set.		rest between each set.			only.
	fast.						
		Cool down on district th		Air a surata u FO			5 minutes of walking
	Follow with some static	Cool down and stretch		Air squats x 50 Squat jumps x 15			to cool down.
	stretching and foam rolling for			Squae Jamps X 15			Stretch and foam roll
	half hour.			Repeat 3 sets with 60 second			for 10 -15 minutes.
				rest between each set.			
				Walking lunges with dumbbells			
				x 30 steps			
				Depart 2 acts with 40 or said			
				Repeat 3 sets with 60 second rest between each set.			
				 Cool down and stretch 			

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

Week	Session	Session	Session	Session	Session	Session	Session
10	Absorption run	Strength or equivalent strength class	Strides session	Strength or equivalent	Cross train some	Rest	Long steady run
	Begin with:		Begin with:	strength class	suggestions include:		
	begin with.	Focus: Core workout	begin with.		Yoga		Begin with:
	Walking lunges 10 per leg	Todas, Gore Worksat	Walking lunges 10 per leg	Focus: Lower Body	Pilates		begin with
		Equipment required: Mat, exercise			Swimming		Walking lunges 10 per
	Butt kicks 20 m turn around and	ball	Butt kicks 20 m turn around and come		Boxing		leg
	come back.		back.	Equipment required:	Leisurely walk		D
	High knees for 20m metres turn	Warm-up: as preferred.	High knees for 20m metres turn around	Dumbbells (light and heavy) and a mat.			Butt kicks 20 m turn around and come
	around and come back.	Exercise ball plank (forearms on the	and come back.	and a mat.			back.
	around and come back.	ball) for 60 secs	and come back.	Warm-up: as preferred.			buck.
		Exercise ball plank (feet on the ball)	2km Warm Up				High knees for 20m
	Easy 5 km run or run for about	for 60 secs		Double leg hip thrust with			metres turn around
	30 minutes.		20 mins Mona Fartlek	lighter dumbbell x 20 reps			and come back.
	w	Repeat x 3 sets each		Donkey kicks left x 30 reps			
	We call this an absorption run, from our long run on Sunday. As	Exercise ball crunches x 15	Mona Fartlek:	Donkey kicks right x 30 reps			Run 28 km steady,
	the km increase this can be a	Exercise ball oblique crunches x 10	2x 90secs on/ 90 secs off	Repeat 3 sets with 60 second			aim for distance
	run walk. But the walk must be	each side	4x 60 secs on/60 secs off	rest between each set.			only.
	fast.		4x 30 secs on/30secs off				,
		Rest 60 secs, then repeat x 3 sets	4x 15secs on/15 secs off				5 minutes of walking
				Air squats x 50			to cool down.
	Follow with some static		41	Squat jumps x 15			C
	stretching and foam rolling for half hour.	Exercise ball oblique roll	1km Warm Down	Repeat 3 sets with 60 second			Stretch and foam roll for 10 -15 minutes.
	nati nour.	-20 reps x 3 sets	Follow with some static stretching and	rest between each set.			101 10 -13 minutes.
		20 Teps x 3 Sets	foam rolling for half hour.	rest setticen each set.			
		Cool down and stretch	· ·	Walking lunges with dumbbells			
				x 30 steps			
				Repeat 3 sets with 60 second rest between each set.			
				rest between each set.			
				Cool down and stretch			
				222. 30, 3 3 30			

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

Week	Session	Session	Session	Session	Session	Session	Session
40	A1		61 41	D (-	D .	
12	Absorption run	Cross train some suggestions include:	Strength	Rest	Easy run	Rest	
	D :: 111	W			D 21 311		Race Day
	Begin with:	Yoga	Focus: Core workout		Begin with:		
		Pilates					
	Walking lunges 10 per leg	Swimming	Equipment required: Mat, exercise ball		Walking lunges 10		
		Boxing			per leg		
	Butt kicks 20 m turn around and	Leisurely walk					
	come back.		Plank 60 secs		Butt kicks 20 m turn		
			V- sit ups x 15 reps		around and come		
	High knees for 20m metres turn		Jacknives x 15		back.		
	around and come back.		Butterfly kicks x 20				
			Full sit ups x 10		High knees for 20m		
			Mountain climbers x 20		metres turn around		
	Easy 5 km run or run for about		Oblique side crunches x 10 each side		and come back.		
	30 minutes.						
			Repeat 5 sets with 60 second rest				
	We call this an absorption run,		between each set.		Easy 5 km run		
	from our long run on Sunday. As						
	the km increase this can be a				Follow with some		
	run walk. But the walk must be				static stretching and		
	fast.		Cool down and stretch		foam rolling for half		
					hour.		
	Follow with some static						
	stretching and foam rolling for						
	half hour.						