REGISTER ONLINE AT CANBERRAMARATHON.COM

The Canberra Times $\mathbb{N} = \mathbb{R}$ MARATHON FESTIVAL 2024 CONSULTANCY SERVICES PRESENTED BY

MARATHON INTERMEDIATE TRAINING GUIDE

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7 April 2023

MARATHON • HALF MARATHON • 10K • 5.4K • KIDS 2K | KING GEORGE TERRACE



The Canberra Times







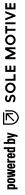








NATIGNAL TRIANGLE CANBERRA



MARATHON INTERMEDIATE

3:30-4:30 Hours

Presented by Runner's World



Take on this guide if you're already used to clocking up some weekly Ks.

Building up from 50 kilometers to 75 kilometers per week, training over 5-6 days,

this plan should get you across the line between 3:30-4:30.

GOAL = TO RUN A MARATHON

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--------|--|--|--|--------|--|---|
| 1 | Rest | 6K moderate | 6K easy | 8K Warm up: run to a hill 8 × 30 seconds uphill + jog down | Rest | 8K moderate run or yoga/ pilates/cross training | 14-15K easy |
| 2 | Rest | Warm up: 1.6K easy 4K moderate run Cool down: 1.6K easy | 8K moderate | Warm up: 1.6K easy 8 × 400m hard + 400m easy Cool down: 1.6K easy | Rest | 8K moderate run or yoga/ pilates/cross training | 17-18K easy |
| 3 | Rest | 8K Warm up: run to a hill 8 × 30 seconds uphill + jog down | 10K easy | Warm up: 1.6K easy 5 × 3min hard + 2min easy Cool down: 1.6K easy | Rest | 8K moderate run or yoga/ pilates/cross training | 20-21K easy |
| 4 | Rest | Warm up: 2.5K easy 5K moderate run Cool down: 2.5K easy | 11K easy | Warm up: 1.6K easy 3 × 6min hard + 2min easy Cool down: 1.6K easy | Rest | 8K easy run or yoga/ pilates/cross training | 24-25K easy with middle 8K at race pace |
| 5 | Rest | 10K Warm up: run to a hill 10 × 30 seconds uphill + jog down | 13K easy | Warm up: 1.6K easy 9 × 400m hard + 400m easy Cool down: 1.6K easy | Rest | 8K easy run or yoga/ pilates/cross training | Half marathon or 10K time trial |
| 6 | Rest | 10K easy | 15K moderate | Warm up: 1.6K easy 6 × 800m hard + 400m easy Cool down: 1.6K easy | Rest | 8K easy run or yoga/ pilates/cross training | 27K easy with middle 8K at race pace |
| 7 | Rest | 11 × 30 seconds uphill + jog down | 10K easy | Warm up: 1.6K easy 4 × 6min hard + 2min easy Cool down: 1.6K easy | Rest | 6K easy run or yoga/ pilates/cross training | 32K easy |
| 8 | Rest | 10K easy | 11K moderate | 10K fartlek including bursts of 200-400m | Rest | 6K easy run or yoga/ pilates/cross training | Half marathon time trial |
| 9 | Rest | 10K fartlek including bursts of 400m | 13K moderate start slowly, finish fast | Warm up: 1.6K easy 10 × 400m hard + 200m easy Cool down: 1.6K easy | Rest | 6K easy run or yoga/ pilates/cross training | 32K easy |
| 10 | Rest | 11K moderate, starting slowly | 15K moderate | Warm up: 1.6K easy 7 × 800m hard + 400m easy Cool down: 1.6K easy | Rest | 6K easy run or yoga/ pilates/cross training | 24-25K easy with middle 8K at race pace |
| 11 | Rest | 12 × 30 seconds uphill + jog down | 16K moderate start slowly, finish fast | Warm up: 1.6K easy 5 × 6min hard + 2min easy Cool down: 1.6K easy | Rest | 6K easy run or yoga/ pilates/cross training | 32K easy |
| 12 | Rest | 10K fartlek including bursts of 400m | 15K moderate | Warm up: 1.6K easy 18 × 200m hard + 200m easy Cool down: 1.6K easy | Rest | 6K easy run or yoga/ pilates/cross training | 27-28K easy with middle 8K at race pace |
| 13 | Rest | 12 × 30 seconds uphill + jog down | 12-13K moderate | Warm up: 1.6K easy 12 × 400m hard + 200m easy Cool down: 1.6K easy | Rest | 6K easy run or yoga/ pilates/cross training | 33-34K easy |

canberramarathon.com | #CTMF2024

MARATHON INTERMEDIATE

CONT.



| WEEI | (MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|----------|---|-----------|---|--------|--|--------------------------------------|
| 14 | Rest | 10K fartlek including bursts of 400m | Rest | Warm up: 1.6K easy 5 × 800m hard + 400m easy Cool down: 1.6K easy | Rest | 6K easy run or yoga/ pilates/cross training | 24-25K easy or Half Marathon race |
| 15 | Rest | 10K x 30 seconds uphill + jog down | Rest | 8K easy with middle 4K at race pace | Rest | 6K easy run or yoga/ pilates/cross training | 16K moderate |
| 16 | Rest | Warm up: 1.6K easy 5 × 1.6K race pace + 200m easy Cool down: 1.6K easy | Rest | 5K easy | Rest | 3K easy run or yoga/ pilates/cross training | RACE DAY |