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The Canberra Times CANBERRA MARATHON

FESTIVAL 2024

PRESENTED BY **tcs** TATA CONSULTANCY SERVICES

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



Australian Government
National Capital Authority



MARATHON INTERMEDIATE

3:30-4:30 Hours

Presented by Runner's World

The Canberra Times
**CANBERRA
MARATHON**

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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 x 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 x 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 x 30 seconds uphill + jog down	10K easy	Warm up: 1.6K easy 5 x 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 x 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 x 30 seconds uphill + jog down	13K easy	Warm up: 1.6K easy 9 x 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 x 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 x 30 seconds uphill + jog down	10K easy	Warm up: 1.6K easy 4 x 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 x 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 x 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 x 30 seconds uphill + jog down	16K moderate start slowly, finish fast	Warm up: 1.6K easy 5 x 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 x 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 x 30 seconds uphill + jog down	12-13K moderate	Warm up: 1.6K easy 12 x 400m hard + 200m easy Cool down: 1.6K easy	Rest	6K easy run or yoga/ pilates/cross training	33-34K easy

MARATHON INTERMEDIATE

CONT.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14	Rest	10K fartlek including bursts of 400m	Rest	Warm up: 1.6K easy 5 x 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 x 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