

## Wanganui Marathon Clinic Training schedule

Week of		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips for the week
<b>Week 1</b> 21 Sept	<b>Build</b>	<b>Rest</b>	<b>40E</b>	<b>75</b>	<b>40H</b>	<b>Rest</b>	<b>50</b>	<b>90E</b>	Prior to this week, you need to be comfortably running around 14 km once per week.
Week 2 28 Sept	Build	Rest	45E	75 2x1km RP	40H	Rest	60	105E	Key sessions will be the long run in every week. Aim to always do your long run unless sick or injured
<b>Week 3</b> 5 Oct	<b>Build</b>	<b>Rest</b>	<b>30E</b>	<b>75</b> <b>2x1km RP</b>	<b>30H</b>	<b>Rest</b>	<b>60</b>	<b>120E</b>	A small step up from last week, keep the intensity low.
Week 4 12 Oct	Recovery	Rest	45E	75 2x1km RP	45H	Rest	60 4X200 Fartlek	90E	Some speed, but still the long run is what counts, don't panic!
<b>Week 5</b> 19 Oct	<b>Build</b>	<b>Rest</b>	<b>45E</b>	<b>40</b> <b>2x1km RP</b>	<b>45H</b>	<b>Rest</b>	<b>75</b> <b>4X400</b> <b>Fartlek</b>	<b>120E</b>	The start of a three week "building" phase. Fresh legs after our recovery week.
Week 6 26 Oct	Build	Rest	50E	90 3x1km RP	50H	Rest	75 4X400 Fartlek	150E	Hold back don't be tempted to do more, this will set you for what comes in the next week.
<b>Week 7</b> 2 Nov	<b>Build</b>	<b>Rest</b>	<b>50E</b>	<b>100</b> <b>4x1km RP</b>	<b>50H</b>	<b>Rest</b>	<b>60</b> <b>6X400</b> <b>Fartlek</b>	<b>180E</b>	A key "big week" the first of our three hour runs. You have done the ground work keep it going.
Week 8 9 Nov	Recovery	Rest	30E	75 Fartlek	30H	Rest	50 6X400 Fartlek	120E	Sunday's run is still but important but recover so that you can step up next week. If you are tired you can shorten or drop one of the shorter runs
<b>Week 9</b> 16 Nov	<b>Build</b>	<b>Rest</b>	<b>50E</b>	<b>100</b> <b>5x1km RP</b>	<b>50H</b>	<b>Rest</b>	<b>40</b> <b>6X400</b> <b>Fartlek</b>	<b>180E</b>	This is the big week, of the programme, get the long run done and you are ready!
Week 10 23 Nov	Build	Rest	115	100 6x1km RP	50H	Rest	30 4X200 Fartlek	150E	Last of the big weeks, you need this before the final taper, don't slacken off.
<b>Week 11</b> 30 Nov	<b>Taper</b>	<b>Rest</b>	<b>30E</b>	<b>40</b> <b>4X1km RP</b>	<b>30H</b>	<b>Rest</b>	<b>40</b>	<b>75E</b>	Finally the taper!! Cut back on the volume but don't slacken the pace.
Week 12 7 Dec	Taper	Rest	15E	Rest	20H	Rest	<b>RACE</b>	Rest	Almost there, nothing extra this week, you have done the work nothing you do in this week will make the race go better but there is much you can do to make you go slower.
<b>E = Easy</b>		<b>RP = Race Pace</b>		<b>H = Hills</b>		<b>Fartlek = Short bursts faster than race pace (Fun)</b>			<b>Speed work included as part of the run</b>