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The Canberra Times
**CANBERRA
MARATHON**
FESTIVAL 2020

MARATHON INTERMEDIATE TRAINING GUIDE

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4 + 5 APRIL 2020

ULTRA MARATHON • MARATHON • HALF MARATHON • 10K • 5.3K • KIDS MILE

KING GEORGE TERRACE



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**RUNNER'S
WORLD**

The Canberra Times

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 x 30 seconds uphill + jog down	Rest	8K moderate	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	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	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	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	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	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	32K easy
8	Rest	10K easy	11K moderate	10K fartlek including bursts of 200-400m	Rest	6K easy	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	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	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	32K easy

MARATHON INTERMEDIATE

Cont...

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	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	33-34K easy
14	Rest	10K fartlek including bursts of 400m	11K easy	Warm up: 1.6K easy 5 x 800m hard + 400m easy Cool down: 1.6K easy	Rest	6K easy	24-25K easy or Half Marathon race
15	Rest	10 x 30 seconds uphill + jog down	10K moderate	8K easy with middle 4K at race pace	Rest	6K easy	16K moderate
16	Rest	Warm up: 1.6K easy 5x 1.6K race pace + 200m easy Cool down: 1.6K easy	6K easy	5K easy	Rest	3K easy	RACE DAY

