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12 WEEK TRAINING GUIDE



**DISCOVER YOUR  
POWER WITHIN**

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**4 + 5 APRIL 2020**

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

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# 5.3K INTERMEDIATE

If you can run 20 minutes but want to run even faster to help you get that PB – this is the perfect guide for you. It will help you build up speed within a 12 week period.

## GOAL = TO RUN 5.3K, FAST!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 8 × 30sec mod/hard to hard + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	4K
<b>2</b>	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 8 × 30sec mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	4K
<b>3</b>	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	5K
<b>4</b>	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	5K
<b>5</b>	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	6K
<b>6</b>	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 3min mod/hard to hard run + 1min easy run Cool down: 10min easy run	Rest	Cross training/Gym or easy 20min run	6K
<b>7</b>	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 3min mod/hard to hard run + 1min easy run Cool down: 10min easy run	Rest	Cross training/Gym or easy 20min run	7K
<b>8</b>	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 800m mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	<b>7K</b> Include 3K @ your target race pace or a moderately hard pace
<b>9</b>	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 800m mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	<b>7K</b> Include 3K @ your target race pace or a moderately hard pace
<b>10</b>	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 4 × 1K mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	<b>8K</b> Include 5K @ your target race pace or a moderately hard pace
<b>11</b>	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 4 × 1K mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	<b>6K</b> Include 3K @ your target race pace or a moderately hard pace
<b>12</b>	Rest	20min easy run	Rest	Warm up: 10min easy run 5 × 2min mod/hard run Cool down: 2min easy run	Rest	20min run Include 3K at target race pace	<b>RACE DAY</b>

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

**EASY** - You can hold a conversation | **MODERATE** - You can say short phrases  
**HARD** - Speaking is virtually impossible