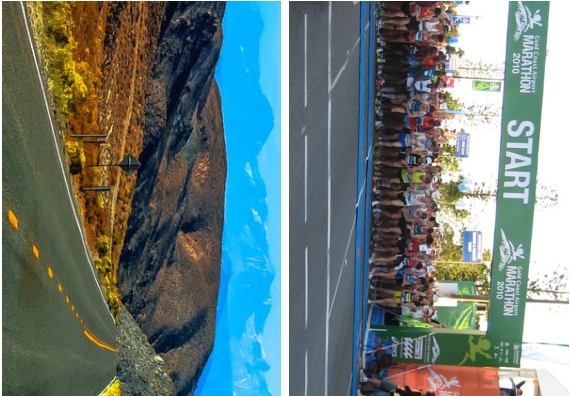


MARATHON (42KM)

Overview



Week No.	Training Focus	Gear Suggestions	Advice
1	Aerobic Training - Moderate	For more details and products visit - www.findyourfeet.com.au Use the discount code Plan2PerformWild for 20% off your purchases	Training starts for your Marathon Race goal! Pace yourself - consistency is the key to your marathon preparation. Respect recovery as much as the hard training!
2	Aerobic Training - Hard		Developing specific fitness from base fitness. HILLS - they will enhance your aerobic fitness , decrease injury risks, help your running technique and efficiency. Mix it up and enjoy!
3	Mission 1 - 20km	<ul style="list-style-type: none">Shoes - suitable for both road and trail	Mission Week. A critical step in your preparation. Make sure you document the run, and if possible, begin at the same time of day that your race starts - to practice pre-run fueling.

Week No.	Training Focus	Gear Suggestions	Advice
4	Time Trial - 10km		Consistency. Getting a baseline of your fitness through the 10km or 5km Time Trial such as a Park run event. The Sunday run should only be undertaken if you pull up well from Saturday. Rest or cut it short if required.
5	Aerobic Training - Hard	<ul style="list-style-type: none"> • Soft flasks - 250ml soft bottles for carrying electrolytes • Gels & electrolytes 	I believe weak glutes are common causes of most lower limb injuries. Try to prioritise core & gluteal strength routines in training. I aim for 10-15mins of strength & activation before my hard training days and 1 longer gym session each week.
6	Mission 2 - 25km		As training increases recovery becomes even more important. Review your sleep & nutrition habits.
7	Aerobic Training - Moderate		Understanding your sweat rate can really help understand how much volume and thus nutrition & hydration your stomach can tolerate on race day.
8	Aerobic Training - Hard		Check in with your training and review your progress. Sometimes when you take a step back you realise just how far you have already come!
9	Mission 3 - 30km	<ul style="list-style-type: none"> • Marathon-specific vest pack - may be suitable for races that have limited aid stations • Shoes for race day 	Consider initiating massages on a 2-3 week frequency into your training to prevent injury.
10	Aerobic Training - Moderate		Sweat rates change under different temperatures & humidities. Consider repeating your sweat rate test under different conditions to last time.
11	Aerobic Training - Hard		Try practicing some of the tips and tricks we have discussed in the Mastering Hills Podcast. Hills are about efficiency! The biggest secret comes back to small steps and a high cadence.
12	Mission 4 - 25km - Race Effort		Ensure that you are constantly monitoring your nutrition & hydration successes. This mission is critical for practicing a consistent & replicable strategy. Don't forget to trial your breakfast too!
13	Hills - Moderate		Check in with your progress on the hills. Now that your strength is growing, consider adding stairs and more downhill into your training where possible.
14	Time Trial - 10km		Check in with a time trial. Practice pre-race breakfast or fueling, your warm up routines. Even taking a gel during the time trial to adjust to the sensation.
15	Mission 5 - 35km (longest)		Practice, practice, practice. Complete this mission as if it were race day - from nutrition to gear.

Week No.	Training Focus	Gear Suggestions	Advice
16	Hills - Moderate	<ul style="list-style-type: none"> • Body Glide for anti-chaffing • Check race day nutrition & hydration 	Listen to your body. After the longest mission last Saturday, if your body is telling you it needs longer to recover, take this time!
17	Mission 6 - 25km		I would strongly recommend booking a massage before the upcoming long mission. We don't want to take any risks!
18	Sharpening		Ensure that you have all your nutrition, hydration and gear requirements ready. Start easing back the training. Avoid ramping up your speed too fast to avoid injury.
19	Taper - Race Day!		Review the success of your longest mission. Is there anything you would change? How did your gear perform.
20	REST!	For more details and products visit - www.findyourfeet.com.au Use the discount code Plan2PerformWild for 20% off your purchases	Avoid trying to plan your next race or huge adventures this week. You will be filled with adrenalin but also tired, this could be a deadly combination. Plan smart, rest hard!
21	RELAX		Start gently easing yourself into enjoyable active recovery. You should still be aiming for weeks of active recovery before you start considering the 'what next?'

KEY EVENTS	DAY	#	MAIN SESSION				Optional additional session					
			Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration		
Week 1	Intensity 1		Aerobic: Moderate									
Listen: Base Training Podcast with Hanny Allston	Mon	1	Rest			0:00	Rest			0:00		
	Tue	2	Easy	30min strength session to activate the core & running muscles, especially the glutes.		0:30	Easy	Active recovery activities such as easy jogging or cross-training		0:30		
	Wed	3	Moderate	Mid-week longer run at talking pace. Preferably on softer surfaces or trail.		1:10	Rest			0:00		
	Thu	4	Hard	Tempo Run: Warm up then attempt 3x10min at desired marathon pace. Take 2-5min jog recovery between each Finish with a short c'down		1:10	Easy	20min strength session to activate the core & running muscles, especially the glutes. This session is best completed immediately before the running session begins.		0:20		
	Fri	5	Rest			0:00	Easy	Optional 20-30min jog if feeling okay. Remember to save your energy for the weekend!		0:20		
	Sat	6	Moderate	Semi-long run on smoother, flatter surfaces		1:15	Easy	Gentle stretch or walking in ocean water		0:30		
	Sun	7	Hard	Long Run along hilly tracks and trails. This is just a fitness building session so go where your heart pleases!		1:45	Rest			0:00		
	Comments or Considerations?		This week the training starts for your Marathon Race goal! I strongly encourage you to pace yourself through this program. Consistency is the key to your marathon preparation, and ensuring that you get to the missions ready to practice what you want to achieve on race day. Respect the recovery as much as the hard training!								TOTAL OF MAIN SESSIONS:	

	DAY	#	MAIN SESSION				Optional additional session			
			Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
Week 2	Intensity 2		Aerobic: Hard							
	Mon	8	Rest				Rest			
	Tue	9	Easy	30min strength session to activate the core & running muscles, especially the glutes.		0:30	Easy	Active recovery activities such as easy jogging or cross-training		0:30
	Wed	10	Moderate	Mid-week longer run at talking pace. Preferably on softer surfaces or trail.		1:20	Rest			
	Thu	11	Hard	Tempo: 15-20min wup; 20-30min at desired marathon pace; 15min cool down		1:00	Easy	20min strength session to activate the core & running muscles, especially the glutes. This session is best completed immediately before		0:20
	Fri	12	Easy	Choose from easy jogging or cross-training activities		0:30	Rest			
	Sat	13	Moderate	Aerobic run at comfortable talking effort		1:15	Easy	Gentle stretch or walking in ocean water		0:30
	Sun	14	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace. This will be your standard long run from now on.		2:00	Rest			
	Comments or Considerations?		<p>Week two and we are focusing on developing specific fitness from your base fitness. Do not shy away from hills even though your marathon event will be flat and on the road. The hills will enhance your aerobic fitness and also help to decrease injury risks. Hills also help your running technique and efficiency! So mix it up and enjoy this week of training.</p>					TOTAL OF MAIN SESSIONS:		6:35