

Brisbane MARATHON Festival



The purpose of a training guide is to keep you on track to achieve your goals. The best way to stay on track is to remain consistent; in your training, in your stretching, recovery and diet. Time and distance will get you across the line, consistency will help you achieve your goals.

X-TRAINING/REST = 50% EFFORT

For a runner, rest days are as important as night is to day. Recover, rejuvenate and absorb the training. X-Training too allows the body to recuperate and use different muscle groups. Plus you'll stay fresh and motivated.

EASY = 60% EFFORT

Easy or recovery runs should feel relaxed. If you can easily hold a conversation you're going at the right pace. If you're new to running slow down and walk if necessary. This is a great opportunity to visualise race day.

STEADY = 70% EFFORT

This is the key to marathon success. Gradually build your time spent running allowing your body to adapt. Test your race day shoes, socks, running apparel, nutrition and hydration. These are key sessions, try not to miss them and rope in friends and family for company.

UNDULATING = 70% EFFORT

Introducing rolling hills or inclines into your program activates different muscle groups and encourages speed and strength in your key running muscles. Add a few cheeky hills to your session and race day will be that much easier.

FARTLEK = 70%-90% EFFORT

Swedish for "speed play" Fartlek training is a continuous, unstructured session switching between moderate and hard efforts. Run faster for short burst (use trees or signposts) followed by easy-effort running to recover.

RACE PACE = 80% EFFORT

Some efforts in this guide call for "race pace", which means running at the speed you could hold for your chosen event (not what you'd like to run). For example if you can run 10km in 50mins, your 10km race pace is 5min/km.

ABOVE RACE PACE: = 90% EFFORT

Efforts done above your race pace extend your body, increase cardio-vascular performance and introduce speed into the program. Think of it as getting comfortable with being uncomfortable.

BRISBANE HALF MARATHON

INTERMEDIATE 12-WEEK TRAINING GUIDE

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--|-------------------|-----------|--|--------|--|--|
| 1 | X-Train 45-60mins | Easy 45mins | REST | Easy 40mins | REST | REST | Easy 50mins |
| 2 | X-Train 45-60mins | Tempo 60mins | REST | Total 50mins Incl 3 x 2min hills/jog recovery | REST | Total 40mins 20mins out and back -ve split | Easy 65mins |
| 3 | X-Train 45-60mins | Fartlek 60mins | REST | Easy 50mins | REST | REST | Easy 80mins Practice nutrition/hydration |
| 4 | X-Train or Rest if you raced Recovery week | Easy 60mins | REST | Total 40mins 20mins out and back -ve split | REST | Easy 30mins | Total 50mins 25mins out and back -ve split |
| 5 | X-Train 45-60mins | Undulating 50mins | REST | Total 50mins Inc 8x 60sec race pace efforts 30sec jog recovery | REST | REST | Easy 90mins <i>Practice race day outfit</i> |
| 6 | X-Train 45-60mins | Tempo 60mins | REST | Total 55mins Incl 4 x 2min hills/jog recovery | REST | Total 40mins 20mins out and back -ve split | Easy 80mins |
| 7 | X-Train 45-60mins | Fartlek 60mins | REST | Easy 50mins | REST | REST | Easy 100mins <i>Test race day shoes + clothing</i> |
| 8 | X-Train 45-60mins Recovery week | Easy 60mins | REST | Total 50mins 25mins out and back -ve split | REST | Easy 30mins | Easy 90mins |
| 9 | X-Train 45-60mins | Undulating 60mins | REST | Easy 45mins | REST | REST | Easy 2hrs Race pace last 15mins Test race day everything |
| 10 | X-Train 45-60mins | Fartlek 60mins | REST | Total 50mins Inc 8x 90sec race pace efforts 60sec jog recovery | REST | REST | Easy 90mins |
| 11 | REST | Flat 50mins | REST | Total 55mins Incl 5 x 2min hills/jog recovery | REST | REST | Easy 60mins |
| 12 | REST Recovery week | Easy 40mins | REST | Total 30mins Incl 4 x 30sec above race pace efforts | REST | Easy 15mins | RACE DAY |