

# Marathon Training Plan

**REC (Recovery)** *Comfort: No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/run  
Oxygen: Very comfortable breathing, similar to walking  
Heart Rate: General avg heart rate sub 140bpm*

**AERO (Aerobic)** *Comfort: Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run  
Oxygen: Breathing steady and calm - able to talk, not puffing  
Heart Rate: General avg heart rate 140-150bpm*

**AERO/THRES (Aerobic Threshold)** *Comfort: Running gets a little uncomfortable but sustainable and even  
Oxygen: Air intake increased - puffing slightly  
Heart Rate: General avg heart rate 150-160bpm*

**THRES (Threshold)** *Comfort: Running is uncomfortable but steady and sustainable  
Oxygen: Air intake increased - puffing  
Heart Rate: General avg heart rate 150-160bpm*

**JULY | WEEK 1**  
**BASE | 42KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	3KM @AERO 3KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	Rest Day

**AUGUST | WEEK 2**  
**BASE | 44KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	3KM @AERO 3KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	20KM @AERO	Rest Day

**AUGUST | WEEK 3**  
**OFF LOAD/PACE | 38KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	8KM @AERO	X-Training (Running Strength)	5KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

**AUGUST | WEEK 4**  
**BUILD | 47KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 2KM @REC 1KM @AERO/THRES 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	22KM @AERO	Rest Day

**AUGUST | WEEK 5**  
**BUILD | 49KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 2KM @REC 1KM @AERO/THRES 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	24KM @AERO	Rest Day

**AUGUST | WEEK 6**  
**OFF LOAD/PACE | 38KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

**SEPTEMBER | WEEK 7**  
**BUILD | 54KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	4KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	26KM @AERO	Rest Day

**SEPTEMBER | WEEK 8**  
**BUILD | 54KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	4KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	26KM @AERO	Rest Day

**SEPTEMBER | WEEK 9**  
**OFF LOAD/PACE | 44KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO 2 X 1KM @AERO/THRES in the middle	Rest Day

**SEPTEMBER | WEEK 10**  
**BUILD | 56KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	28KM @AERO	Rest Day

**OCTOBER | WEEK 11**  
**BUILD | 54KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO 2 X 1KM @AERO/THRES in the middle	6KM @REC

**OCTOBER | WEEK 12**  
**BUILD | 60KM**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	28/30 KM @AERO	4KM @REC

**OCTOBER | WEEK 13**  
**TAPER | 39KM**

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	12KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	21KM @AERO	Rest Day

**OCTOBER | WEEK 14**  
**RACE WEEK!**

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	8KM @AERO last 2KM @AERO/THRES	Complete Rest Day	6KM @REC	Complete Rest Day	Optional 20mins jog/turn the legs over	Barfoot & Thompson Marathon

