



|               | MONDAY                         | TUESDAY  | WEDNESDAY                      | THURSDAY   | FRIDAY                         | SATURDAY  | SUNDAY  | RUN DOWN UNDER K's | SEQ RACE OPTIONS   |
|---------------|--------------------------------|--|--------------------------------|--|--------------------------------|---|---|--------------------|--|
| RUN PURPOSE   | REST/EASY RUN/ ACTIVE RECOVERY | EFFORT DAY   | REST/EASY RUN/ ACTIVE RECOVERY | EFFORT DAY   | REST/EASY RUN/ ACTIVE RECOVERY | parkrun OR parkrun+   | EFFORT DAY - LONG RUN   | WEEKLY TOTAL*      | NO BETTER TRAINING THAN RACING!  |
| Sep 3-Sep 9   | REST<br>OR<br>Active Recovery  | Interval Session - Mona Fartlek<br>3km warm-up<br>2 x 90sec on/off, 4 x 60sec on/off, 4 x 30sec on/off, 4 x 15sec on/off = 20mins<br>2km warm-down<br>OR<br>Easy 8ks | REST<br>OR<br>Active Recovery  | Rolling Hill Run 9km<br>Find a hilly run/ loop with some good climbs. Could be off road<br>OR<br>Easy 8ks                                  | REST<br>OR<br>Active Recovery  | parkrun+<br>Easy 2km warm-up and then solid parkrun /5k and easy 2km warm down  | 8km<br>Easy, steady state run   | 24-36km            | River Run 100 Brisbane (10, 20, 50 & 100k)<br>Glasshouse 100 Sunshine Coast (11,33,54,100k plus a 100miler!)<br>Coffs Harbour Run Fest (3,5,10, 21.1)  |
| Sep 10-Sep 16 | REST<br>OR<br>Active Recovery  | Tempo Run<br>2km easy warm-up<br>3 x 12min tempos with 2min active recovery<br>2km easy w-down<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery  | Speed - 10km easy 2k w-up, 6 x 500m @ 3-5k pace with 500m recoveries, easy 2k warm-down<br>OR<br>Easy 8ks                                  | REST<br>OR<br>Active Recovery  | parkrun+<br>Easy 2km warm-up and then solid parkrun/5k and then another 2km easy  | 10km<br>Circuitbreaker: Easy 1km, 4 x 50m stride/200m jog, 7k steady state run, 1km easy w-down   | 35-42km            | Logan Run Festival (7,14,21,1,42.2)<br>Casino, NSW - Fun Run (5,10k)   |
| Sep 17-Sep 23 | REST<br>OR<br>Active Recovery  | Interval Session<br>2km warm-up<br>1km rep, 2 x 2km reps, 1km rep all with 2min active recovery<br>2km warm-down<br>OR<br>Easy 8ks                                   | REST<br>OR<br>Active Recovery  | Threshold - 12km including 4x1600m repeats with a 4 minute active recovery<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery  | parkrun+<br>Easy 2km, solid parkrun/5k, easy 2km  | 12km<br>Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, 3 x 3k with 1k steady state, 1k at race pace, 1k @ 5km pace, 1km easy w-down  | 34-43km            | Twilight Bay Run Sat Evening 22nd (5,10, 21.1k)<br>Toowoomba Hilly Half (5,10,21.1k)   |
| Sep 24-Sep 30 | REST<br>OR<br>Active Recovery  | Tempo Run<br>2km easy warm-up<br>4 x 10min tempos with 2min active recovery<br>2km easy w-down<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery  | Strength - 12km including easy warm-up, a 2km tempo then 5 x 2min hill repeats<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery  | parkrun/5k<br>Been an easier week; feel free to have a strong hit out at parkrun.<br>2k w-up, 1k w-down<br>Going hard? Have a good race day like w-up and thorough cool down. | 10km<br>Easy, steady state run  | 34-43km            | Beach to Brother, Port Macquarie (5,10,21.1,42.2k)   |
| Oct 1-Oct 7   | REST<br>OR<br>Active Recovery  | Interval Session - Mona Fartlek<br>3km warm-up<br>2 x 90sec on/off, 4 x 60sec on/off, 4 x 30sec on/off, 4 x 15sec on/off = 20mins<br>2km warm-down<br>OR<br>Easy 8ks | REST<br>OR<br>Active Recovery  | Rolling Hill Run 12km<br>Find a hilly run/ loop with some good climbs. Could be off road<br>OR<br>Easy 8ks                                 | REST<br>OR<br>Active Recovery  | parkrun+<br>Easy 3km warm-up and then solid parkrun/5k and then another 2km easy warm-down  | 14km<br>Circuitbreaker: Easy 2km w-up, 4 x 50m stride/200m jog, 2 x 5k with first 5k at race pace, second 5k 10-15sec quicker per k , 1km easy w-down   | 36-46km            | Toohy Trail Run (5,10,21.1k)<br>Royal Run for Research (6k walk, 8k run)   |
| Oct 8-Oct 14  | REST<br>OR<br>Active Recovery  | Tempo Run<br>2km easy warm-up<br>2 x 15min tempos with 2min active recovery<br>2km easy w-down<br>OR<br>Easy 8ks   | Easy 6-8k's                    | Speed - 12km including easy w-up and strides, 2 x 1k, 4 x 500m, 10 x 200m repeats each with 2min active recoveries<br>OR<br>Easy 8ks       | REST<br>OR<br>Active Recovery  | parkrun+<br>Easy 5km warm-up and then solid parkrun/5k. 2km w-down  | 16km<br>Circuitbreaker: Easy 2km w-up, 4 x 50m stride/200m jog, 4km steady state, 4km at race pace, 4km at 5k pace, 1km easy w-down   | 49-57km            | SEQ Trail Series - Enoggera<br>Byron Lighthouse Run (6.7, 10k)<br>Take-a-Hike, Brisbane (5,10.5, 21.1)<br>Maleny Challenge (3,5,10,21.1)<br>Washpool Heritage Trails (nr Grafton,NSW) (9,25,50k) |
| Oct 15-Oct 21 | REST<br>OR<br>Active Recovery  | Interval Session<br>2km warm-up<br>4 x 2km reps, each with a. 2min active recovery.<br>2km warm-down<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery  | Strength - 10km including easy w-up and strides, a 2km tempo then 5 x 2min hill repeats<br>OR<br>Easy 8ks                                  | REST<br>OR<br>Active Recovery  | parkrun/5k<br>Been an easier week; feel free to have a strong hit out at parkrun.<br>2k w-up, 1k w-down<br>Going hard? Have a good race day like w-up and thorough cool down. | 14km<br>Lighter week, try and find a nice trail but ideally; include some undulations if you can.   | 36-44km            |  |
| Oct 22-Oct 28 | REST<br>OR<br>Active Recovery  | Interval Session - Mona Fartlek<br>2km warm-up<br>2 x 90sec on/off, 4 x 60sec on/off, 4 x 30sec on/off, 4 x 15sec on/off = 20mins<br>2km warm-down<br>OR<br>Easy 8ks | REST<br>OR<br>Active Recovery  | Rolling Hill Run 12km<br>Find a hilly run/ loop with some good undulations. Try to keep on road<br>OR<br>Easy 8ks                          | REST<br>OR<br>Active Recovery  | parkrun+<br>Easy 4km warm-up and then solid parkrun/5k, 2k w-down   | 16km<br>Circuitbreaker: Easy 2km w-up, 4 x 50m stride/200m jog, 4km race pace, 4km 10-15sec per km faster than race pace, 4km on feel (good; go for it, tired; drop back to race pace or slower)<br>1km easy w-down | 40-48km            | SEQ Trail Series - Numinbah<br>Trail Run Australia - Landsborough, Sunshine Coast  |
| Oct 29-Nov 4  | REST<br>OR<br>Active Recovery  | Tempo Run<br>2km easy warm-up<br>4 x 12min tempos with 2min active recovery<br>2km easy w-down<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery  | Speed - 12km incl 2km easy w-up, 4 x 800m, then 8 x 400m repeats each with 90sec jog/ walk recovery , 2km easy warm-down<br>OR<br>Easy 8ks | REST<br>OR<br>Active Recovery  | parkrun+<br>Easy 5km warm-up, a solid parkrun/5k & then an easy 3km   | 18km<br>Straight up or try a double-run day; 12-15k in the AM, 6-8km in the PM (bonus k's if doing double run day).   | 48-58km            | Red Run, Brisbane (5,10k)  |

|                      |                               |   |                               |  |                               |  |  |                              |  |
|----------------------|-------------------------------|---|-------------------------------|--|-------------------------------|--|--|------------------------------|--|
| <b>Nov 5-Nov 11</b>  | REST<br>OR<br>Active Recovery | Interval Session<br>2km warm-up<br>2 x 1km rep,<br>2 x 2km reps,<br>1km rep each with a<br>2min active<br>recovery<br>2km warm-down<br>OR<br>Easy 8ks                               | Easy 6-8k's                   | Speed - 12km<br>including easy<br>w-up and<br>strides, 2 x 1k,<br>4 x 500m, 10 x<br>200m repeats<br>each with 2min<br>recoveries<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery | parkrun+<br>Easy 3km warm-up<br>and then solid<br>parkrun/5k.<br>2km w-down  | 16km<br>Circuitbreaker:<br>Look to do a good<br>portion (e.g. 10-12k)<br>within 10-15sec<br>either side of<br>intended race pace,<br>break it up as you<br>wish, or just keep it<br>constant (your<br>training to this point<br>should mean you<br>can)! | 49-57km                      | Mateship Run -<br>Sat Nov 10th<br>(1,5,10k)<br>SEQ Trail Series -<br>Pomona<br>Freedom Trail -<br>Byron Hinterland |
| <b>Nov 12-Nov 18</b> | REST<br>OR<br>Active Recovery | Tempo Run<br>2km easy warm-up<br>3 x 10min tempos<br>with 2min active<br>recovery<br>2km easy w-down<br>OR<br>Easy 8ks  | REST<br>OR<br>Active Recovery | Strength - 12km<br>including easy<br>w-up, a 3km<br>tempo then 4x2<br>minute hill<br>repeats<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery | parkrun+<br>Easy 4km warm-up<br>and then solid<br>parkrun/5k.<br>3km w-down  | 14km<br>I'm not going to<br>break this one up -<br>just go for a good<br>long run and back<br>up last weeks effort!  | 41-49km                      |  |
| <b>Nov 19-Nov 25</b> | REST<br>OR<br>Active Recovery | Interval Session -<br>Mona Fartlek<br>2km warm-up<br>2 x 90sec on/off, 4 x<br>60sec on/off, 4 x<br>30sec on/off, 4 x<br>15sec on/off =<br>20mins<br>2km warm-down<br>OR<br>Easy 8ks | REST<br>OR<br>Active Recovery | Threshold -<br>12km including<br>good w-up and<br>strides, 4 x 1k<br>repeats with a 3<br>minute active<br>recovery<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery | parkrun+<br>Easy 3km warm-up<br>and then solid<br>parkrun/5k. 2k w-<br>down  | 12km<br>Circuitbreaker: 2k<br>warm-up, 3k hard,<br>3k easy, 3k hard as<br>you can, 1k easy w-<br>down.   | 35-43km                      | SEQ Trail Series -<br>Bayview, SE<br>Brisbane  |
| <b>Nov 26-Dec 2</b>  | REST<br>OR<br>Active Recovery | Interval Session<br>2km warm-up<br>4 x 2km reps each<br>with a 2min active<br>recovery,<br>2km warm-down<br>OR<br>Easy 8ks  | REST<br>OR<br>Active Recovery | Rolling Hill Run<br>10km<br>Could be off<br>road. Focus on<br>running the last<br>1-200m of hill<br>and the first<br>200m after crest<br>at race pace<br>OR<br>Easy 8ks  | REST<br>OR<br>Active Recovery | parkrun/5k<br>You should be fresh<br>and firing at this<br>stage of preparation<br>- if you feel good; go<br>for a solid time.<br>Going hard? Have a<br>good race day like<br>w-up and thorough<br>cool down | 10km<br>Circuitbreaker:<br>Easy 1k, 4 x 50m<br>stride/200m jog,<br>rotate 1k easy, 1k at<br>RP or above x 4,<br>1k easy w-down   | 31-39km                      |  |
| <b>Dec 3-Dec 9</b>   | REST<br>OR<br>Active Recovery | Tempo Run<br>2km easy warm-up<br>4 x 6min tempos<br>with 2min active<br>recovery<br>2km easy w-down<br>OR<br>Easy 8ks   | REST<br>OR<br>Active Recovery | 6 to 1 Taper Run.<br>6min RP effort,<br>1min walk, 5min<br>RP effort, 2min<br>jog, 4min @ 10k<br>pace, 3min jog,<br>3min @ 5k pace,<br>4min jog/walk,<br>2min @ 3k pace,<br>5min jog/walk,<br>1min @ 80-90%<br>effort, 6min jog/<br>walk & done! | REST<br>OR<br>Active Recovery | parkrun<br>Run very easy,<br>include a 30-60sec<br>race pace efforts<br>every 5minutes.<br>1k w-up, 1k w-down  | GC50 RUN<br>FESTIVAL<br>15km   | 17-24km + RACE               | GC50<br>GOOD LUCK 15k<br>RUNNERS!  |
|                      | Beginner<br>Program           | Drop one of the<br>sessions but ideally<br>make all the<br>sessions you do<br>count!  | Intermediate<br>Program       | Include all four<br>runs per week<br>but include more<br>easy run options<br>as opposed to<br>the effort<br>sessions   | Advanced Program              | Include all four runs<br>per week with a large<br>majority of the effort<br>sessions included<br>(as opposed to easy<br>run option)  |  | 14 WEEK TOTAL =<br>512-644km |  |