



	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 OR Easy 6-8k's OR Active Recovery	Interval Session - Mona Fartlek 2km warm-up 2 x 90sec on/off, 4 x 60sec on/off, 4 x 30sec on/off, 4 x 15sec on/off = 20mins 2km warm-down	REST OR Active Recovery	Rolling Hill Run 8km Find a hilly run/ loops with some good climbs. Could be off road.	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 2km warm-up and then solid parkrun and easy 1km warm down	14km Easy, steady state run	40-46-53km	River Run 100 Brisbane (10, 20, 50 & 100k) Glasshouse 100 Sunshine Coast (11,33,54,100k plus a 100miler!) Coffs Harbour Run Fest (3,5,10, 21.1)
Sep 10-Sep 16	REST OR Easy 6-8k's OR Active Recovery	Tempo Run 2km easy warm-up 3 x 12min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	Speed - 10km easy 2k w-up, 6 x 500m @ 3-5k pace with 500m jog recoveries, easy 2k w-down	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 2km warm-up and then solid parkrun/5k and then another 2km easy	16km Circuitbreaker: Easy 2km, 4 x 50m stride/200m jog, 10k steady state run, 1km easy w-down	47-54-60km	Logan Run Festival (7,14,21.1,42.2) Casino, NSW - Fun Run (5,10k)
Sep 17-Sep 23	REST OR Easy 6-8k's OR Active Recovery	Interval Session 2km warm-up 1km rep, 2 x 2km reps, 1km rep all at 5k pace (or faster) and all with 2min active recoveries 2km warm-down	REST OR Active Recovery	Threshold - 12km including w-up and strides, 4x1600m repeats with a 4 minute recovery. Finish with easy w-down run and stretches.	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 3km, solid parkrun/5k, easy 3km	18km Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, 3 x 5k with 1k steady state, 2k at 1/2 Marathon pace, 2k @ 10km pace, 1km easy w-down	50-58-65km	Twilight Bay Run Sat Evening 22nd (5,10, 21.1k) Toowoomba Hilly Half (5,10,21.1k)
Sep 24-Sep 30	REST OR Active Recovery	Tempo Run 2km easy warm-up 4 x 10min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	Strength - 10km including easy w-up and strides, 2km tempo then 5 x 2min hill repeats	REST OR Easy 6-8k's OR Active Recovery	parkrun/5k Been an easier week; feel free to have a strong hit out at parkrun. 2k w-up, 1k w-down Going hard? Have a good race day like w-up and thorough cool down.	12km Easy, steady state run	36-43-50km	Beach to Brother, Port Macquarie (5,10,21.1,42.2k)
Oct 1-Oct 7	REST OR Easy 7-9k's OR Active Recovery	Interval Session - Mona Fartlek 3km warm-up 2 x 90sec on/off, 4 x 60sec on/off, 4 x 30sec on/off, 4 x 15sec on/off = 20mins 2km warm-down	REST OR Active Recovery	Rolling Hill Run 12km Find a hilly run/ loop with some good climbs. Could be off road.	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 2km warm-up and then solid parkrun/5k and then another 2km easy w-down	15km Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, 3 x 4k with 2k at race pace, 1k at 10k pace, 1k at marathon pace or bit slower, 1km easy w-down	46-54-61km	Toohey Trail Run (5,10,21.1k) Royal Run for Research (6k walk, 8k run)
Oct 8-Oct 14	REST OR Easy 6-8k's OR Active Recovery	Tempo Run 2km easy warm-up 2 x 15min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	Speed - 12km including w-up and strides, 2x1k, 4 x 500m, 10x200m repeats each with 2min active recovery. W-down run and some stretches to finish.	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 5km warm-up and then solid parkrun/5k. 2km w-down	18km Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, 5km steady state, 5km at race pace, 5km 10-15sec per km faster than race pace. 1km easy w-down	53-60-67km	SEQ Trail Series - Enoggera Byron Lighthouse Run (6.7, 10k) Take-a-Hike, Brisbane (5,10.5, 21.1) Maleny Challenge (3,5,10,21.1) Washpool Heritage Trails (nr Grafton,NSW) (9,25,50k)
Oct 15-Oct 21	REST OR Active Recovery	Interval Session 2km warm-up 3 x 2km reps @ 5k pace with 2min active recoveries, 2km warm-down	REST OR Active Recovery	Strength - 10km including easy w-up and strides, 2km tempo then 5 x 2min hill repeats with 3min jog back down recovery.	REST OR Easy 6-8k's OR Active Recovery	parkrun/5k Been an easier week; feel free to have a strong hit out at parkrun/5k. Have a good w-up (race like), an easy 2km w-down and stretches	16km Lighter week; try and find a nice trail and ideally; include some undulations if you can.	35-43-50km	
Oct 22-Oct 28	REST OR Easy 6-8k's OR Active Recovery	Interval Session - Mona Fartlek 2km warm-up 2 x 90sec on/off, 4 x 60sec on/off, 4 x 30sec on/off, 4 x 15sec on/off = 20mins 2km warm-down	REST OR Active Recovery	Rolling Hill Run 12km Find a hilly run/ loops with some good climbs. Try to keep this one on the road and maintain good rhythm.	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 4km warm-up and then solid parkrun/5k	18km Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, 5km race pace, 5km 10-15sec per km faster than race pace, 5km on feel (good; go for it, tired; drop back to race pace or slower) 1km easy w-down	47-55-62km	SEQ Trail Series - Numinbah Trail Run Australia - Landsborough, Sunshine Coast
Oct 29-Nov 4	REST OR Easy 6-8k's OR Active Recovery	Tempo Run 2km easy warm-up 4 x 12min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	Speed - 12km incl 2km easy w-up, 4x800m, 8x400m repeats each with 90sec jog recovery, 2km easy w-down.	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 5km warm-up, a solid parkrun/5k & then an easy 3km	20km Straight up or try a double-run day: 14-16k in the AM, 6-8km in the PM (bonus k's if doing a double run day).	59-66-73km	Red Run, Brisbane (5,10k)

Nov 5-Nov 11	REST OR Easy 6-8k's OR Active Recovery	Interval Session 2km warm-up 1km rep, 2 x 2km reps, 1km rep all with 2min active recoveries. 2km warm-down	REST OR Active Recovery	Speed - 12km including easy w-up and strides, 2 x 1k, 4 x 500m, 10 x 200m repeats each with 2min active recoveries. Finish with easy w-down and stretch.	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 3km warm-up and then solid parkrun/5k. 2km w-down	26km Circuitbreaker: Look to do a good portion (e.g. 15-18k) within 10-15sec either side of intended race pace, break it up as you wish, or just keep it constant (training to this point should mean you can!)	56-66-74km	Mateship Run - Sat Nov 10th (1,5,10k) SEQ Trail Series - Pomona Freedom Trail - Byron Hinterland
Nov 12-Nov 18	REST OR Active Recovery	Tempo Run 2km easy warm-up 3 x 10min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	Strength - 12km including warm- up and strides, 3km tempo then 4x2 minute hill repeats all with 3min recoveries. Finish with w- down & stretch.	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 4km warm-up and then solid parkrun/5k. 2km w-down	22km I'm not going to break this one up - just go for a good long run and back up last weeks effort!	48-54-61km	
Nov 19-Nov 25	REST OR Easy 6-8k's OR Active Recovery	Interval Session - Mona Fartlek 2km warm-up 2 x 90sec on/off, 4 x 60sec on/off, 4 x 30sec on/off, 4 x 15sec on/off = 20mins 1km warm-down	REST OR Active Recovery	Threshold - 10km including warm-up and strides then 4 x 1k repeats with a 3 minute recovery. Finish with easy w- down run and stretch.	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 3km warm-up and then solid parkrun/5k	16km Straight up or try a double-run day; 10-12k in the AM, 6-8km in the PM (bonus k's if doing double run day).	43-50-58km	SEQ Trail Series - Bayview, SE Brisbane
Nov 26-Dec 2	REST OR Easy 8-10k's OR Active Recovery	Interval Session 2km warm-up 4 x 2km reps @ 5k pace with 2min active recoveries, 2km warm-down	REST OR Active Recovery	Rolling Hill Run 10km Could be off road. Focus on running the last 1-200m of hill and first 200m after crest at race pace then ease back off.	REST OR Easy 6-8k's OR Active Recovery	parkrun/5k You should be fresh and firing at this stage of preparation - if you feel good; go for a solid time. Going hard? Have a good race day like w-up and thorough cool down.	12km Circuitbreaker: Easy 1k, 4 x 50m stride/200m jog, rotate 1k easy, 1k at RP, 1k solid x 3, 1k easy w-down	39-46-55km	
Dec 3-Dec 9	REST OR Active Recovery	Tempo Run 3km easy warm-up 3 x 6min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	6 to 1 Taper Run. 6min RP effort, 1min walk, 5min RP effort, 2min jog, 4min @ 10k pace, 3min jog, 3min @ 5k pace, 4min jog/walk, 2min @ 3k pace, 5min jog/walk, 1min @ 80-90% effort, 6min jog/ walk & done!	REST OR Easy 6-8k's OR Active Recovery	parkrun/5k Run very easy, include a 30-60sec race pace efforts every 5minutes.	GC50 RUN FESTIVAL 30km	15-21-28km + race!	GC50 GOOD LUCK 30k RUNNERS!
	Beginner Program	Drop one active recovery run and one weekday effort session (try to keep the long run as a staple session)	Intermediate Program	Drop one active recovery run OR one effort session	Advanced Program	Get it all done!		14 WEEK TOTAL = 644-746-877km	