



	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+ OR 5k	EFFORT DAY - LONG RUN	WEEKLY TOTAL*	NO BETTER TRAINING THAN RACING!
Sep 3-Sep 9	REST OR Easy 5-8k'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 3km warm-down	REST OR Active Recovery	Rolling Hill Run 10km Find a hilly run or loop with some good climbs. Could be off road.	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 3km warm-up and then solid parkrun/5k and easy 2km warm down	16km Easy, steady state run	42-52-60km	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, 6x500m @ 3-5k pace with 500m active recovery, easy 2k w-down	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 3km warm-up and then solid parkrun/5k and then another 3km easy	22km Circuitbreaker: Easy 2km, 4 x 50m stride/200m jog, 17k steady state run, 2km easy w-down	49-59-69km	Logan Run Festival (7,14,21,42.2) Casino, NSW - Fun Run (5,10k)
Sep 17-Sep 23	REST OR Easy 5-8k's OR Active Recovery	Interval Session 2km warm-up 1km rep, 2 x 2km reps, 1km rep 2km warm-down	REST OR Active Recovery	Threshold - 12km including 4 x 1600m repeats @ 3-5k race pace with a 4 minute active recovery	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 5km, solid parkrun/5k, easy 5km	28km Circuitbreaker: Easy 2km w-up, 4 x 50m stride/200m jog, 4 x 4k steady state with 1k at 1/2 Marathon pace, 3k steady state, 2km easy w-down	59-71-79km	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 - 12km including 2km tempo then 5 x 2min hill repeats with 3min jog down recovery	REST OR Easy 8-10k's OR Active Recovery	parkrun/5k Been an easier week; feel free to have a strong hit out at parkrun. W-up with jog and strides, light warm-down and a stretch too!	25km. Can do it straight up or if you're curious, try a double-run day; 15-18k in the AM, 7-10km in the PM.	42-54-64km	Beach to Brother, Port Macquarie (5,10,21.1,42.2k)
Oct 1-Oct 7	REST OR Easy 7-10k'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 14km Find a hilly run/ or loop with some good climbs. Could be off road.	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 3km warm-up and then solid parkrun/5k and then another 3km easy	30km Circuitbreaker: Easy 2km w-up, 4 x 50m stride/200m jog, 5 x 4k steady state with 1k at 1/2 Marathon pace, 1k steady, 1km easy warm-down	58-72-81km	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 3 x 15min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	Speed - 12km including 2x1k, 4 x 500m, 10 x 200m repeats each with 2min active recoveries.	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 8km pre parkrun and then solid parkrun/5k	35km Circuitbreaker: Easy 2km w-up, 4 x 50m stride/200m jog, 15km steady state and then pick up the pace each 5km segment thereafter by 10-15sec per km. e.g 6min/k 18-23k, 5.45min/k 23-28k, 5.30min/k 28-33k. 2km easy w-down	66-78-86km	SEQ Trail Series - Enoggera Byron Lighthouse Run (6.7, 10k) Take-a-Hike, Brisbane (5,10, 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, 2km warm-down	REST OR Active Recovery	Strength - 10km including easy w-up, a 2km tempo then 6x2 minute hill repeats with 3min jog down recovery plus an easy w-down	REST OR Easy 8-10k's OR Active Recovery	parkrun/5k Been an easier week; feel free to have a strong hit out at parkrun. W-up with jog and strides, light warm-down and a stretch too!	26km Lighter on for distance, try and find a nice trail and ideally; include some hills if you can.	41-51-61km	
Oct 22-Oct 28	REST OR Easy 8-10k'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 3km warm-down	REST OR Active Recovery	Rolling Hill Run 14km Find a hilly run or loop with some good climbs. Try to keep this one on the road	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 6km warm-up and then solid parkrun/5k Follow with warm-down and a stretch	30km build run Circuitbreaker: Easy 1km, 4 x 50m stride/200m jog, 1km easy, repeat stride set, RP for 8k, 3k easy, 10-15sec per k quicker than RP for 8k, 2k easy, best pace for the day for final 5k.	62-74-86km	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 - 14km incl 2km easy w-up, 5 x 800m, 10 x 400m repeats each with 90sec jog recovery, finish with 2km easy w-down.	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 6km warm-up, a solid parkrun/5k & then an easy 4km	34km. Can do it straight up or try a double-run day; 24-28k in the AM, 6-10km in the PM.	59-73-95km	Red Run, Brisbane (5,10k)

<b>Nov 5-Nov 11</b>	REST OR Easy 5-8k's OR Active Recovery	Interval Session 2km warm-up 1km rep, 2 x 2km reps, 1km rep 2km warm-down	REST OR Active Recovery	Speed - 12km including easy warm-up and strides, 2 x 1k, 4 x 500m, 10 x 200m repeats each with 2min active recoveries.	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 5km warm-up and then solid parkrun/5k Finish with light jog and a stretch.	40km Circuitbreaker: Look to do a good portion (e.g. 20km) within 10-15sec either side of intended race pace, break it up as you wish, or just keep it constant (your training to this point should mean you can!)	70-77-90km	Mateship Run - Sat Nov 10th (1,5,10k) SEQ Trail Series - Pomona Freedom Trail - Byron Hinterland
<b>Nov 12-Nov 18</b>	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 - 13km including an easy w-up, a 3km tempo then 4 x 2min hill repeats with easy 3min jog back down recovery	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 7km warm-up and then solid parkrun/5k Finish with light jog and stretch	36km I'm not going to break this one up - just go for a good long run and back up last weeks effort!	65-72-82km	
<b>Nov 19-Nov 25</b>	REST OR Easy 5-8k'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	Threshold - 12km including 4 x 1k repeats @ 3-5k race pace with a 3 minute active recovery	REST OR Easy 8-10k's OR Active Recovery	parkrun+ Easy 5km warm-up and then solid parkrun/5k Finish with light jog and a stretch.	32km. Can do it straight up or try a double- run day; 24k in the AM, 8km in the PM (a little quicker).	60-69-82km	SEQ Trail Series - Bayview, SE Brisbane
<b>Nov 26-Dec 2</b>	REST OR Easy 8-10k's OR Active Recovery	Interval Session 2km warm-up 4 x 2km reps, 2km warm-down	REST OR Active Recovery	Rolling Hill Run 12km 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 8-10k'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? Do a good warm-up and cool down.	20-24km Circuitbreaker: Easy 2k, steady state for 8-10k, RP for 6-8km, 1/2 Mar pace for 2k, 2k easy w-down	45-55-73km	
<b>Dec 3-Dec 9</b>	REST OR Active Recovery	Tempo Run 3km easy warm-up 3 x 6min tempos with 2min active recovery 3km 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 5-8k's OR Active Recovery	parkrun/5k Run very easy, include a 30-60sec race pace efforts every 5minutes. Good cool down in particular.	GC50 RUN FESTIVAL 50km	15-20-28km + race!	GC50 GOOD LUCK 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 = 733- 877-1036km	