



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SEQ RACE OPTIONS
<b>RUN PURPOSE</b>	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	NO BETTER TRAINING THAN RACING!
<b>NOTES</b>	Beginner Program	Drop one active recovery run AND one effort session - aim for 2-3 runs per week early, build another session in as you get fitter, stronger, drop 1 the last couple of weeks	Intermediate Program	Drop one active recovery run and one weekday effort session (try to keep the long run as a staple session). 3-4 sessions per week.	Advanced Program	Aim to get majority done - 5-6 sessions per week.	Mix things up with your long run. Use some circuit breaker sessions occasionally as suggested below, do some as double run days, do some as steady long runs.	<b>GOLDEN RULE #1</b>  LISTEN TO YOUR BODY! You can run with aches and soreness but take them as indicators, pain is a red flag, oh and you can never have too much sleep!
<b>Sep 16-Sep 22</b>	REST OR Active Recovery	Threshold - 8-10km 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	Interval Session  2km warm-up 1km rep, 2 x 2km reps, 1km rep all at 5-10k pace and all with 3min active recoveries 2km warm-down	REST OR Active Recovery	parkrun+ Easy 3km, solid parkrun/5k, easy 3km	8-13km Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, (1-2 x 5k) with 1k steady state, 2k at 1/2 Marathon pace, 2k @ 10km pace, 1km easy w-down	Robbies Gran Fondo (Sep 21) @ NERANG  Yarrabilba Trail Run (Sep 22)  Logan Running Festival (Sep 22)
<b>Sep 23-Sep 29</b>	REST OR Active Recovery	Strength - 6-8km including easy w-up and strides, 2km tempo then 5 x 2min hill repeats	REST OR Easy 6-8k's 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	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.	10-14km Easy, steady state run	
<b>Sep 30-Oct 6</b>	REST OR Active Recovery	Rolling Hill Run 6-8km  Find a hilly run/loop with some good climbs. Could be off road.	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 1-2km warm-down	REST OR Active Recovery	parkrun+  Easy 2km warm-up and then solid parkrun/5k and then another 2km easy w-down	11-15km Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, 2-3 x 4k with 2k at race pace, 1k at 10k pace, 1k at marathon pace or bit slower, 1km easy w-down	Scenic Rim Ultra (Oct 5)  Sanctuary Cove Palms Fun Run (Oct 6)
<b>Oct 7-Oct 13</b>	REST OR Active Recovery	Speed - 8km including w-up and strides, 2x1k, 2 x 500m, 6 x 200m repeats each with 2min active recovery. W-down run and some stretches to finish.	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	parkrun+  Easy 5km warm-up and then solid parkrun/5k. 2km w-down	15km Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, 4km steady state, 4km at race pace, 4km 10-15sec per km faster than race pace. 1km easy w-down	SEQ Trail Series - Enoggera  Toohey Trail Run (5,10,21.1k)  Washpool Heritage Trails (nr Grafton,NSW) (9,25,50k)
<b>Oct 14-Oct 20</b>	REST OR Active Recovery	Strength - 8km 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	Interval Session  2km warm-up 3 x 2km reps @ 5-10k pace with 3min active (easy jog) recoveries, 2km warm-down	REST 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	8-12km  Lighter week; try and find a nice trail and ideally; include some undulations if you can.	Byron Lighthouse Run (6.7, 10k)
<b>Oct 21-Oct 27</b>	REST OR Active Recovery	Rolling Hill Run 8-10km  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	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 1-2km warm-down	REST OR Active Recovery	parkrun+  Easy 4km warm-up and then solid parkrun/5k	12km Circuitbreaker: Easy 1km w-up, 4 x 50m stride/200m jog, 3km race pace, 3km 10-15sec per km faster than race pace, 3km on feel (good; go for it, tired; drop back to race pace or slower) 1km easy w-down	SEQ Trail Series - Numinbah

<b>Oct 28-Nov 3</b>	REST OR Active Recovery	Speed - 10km incl 1-2km easy w-up, 4x800m, 8x400m repeats each with 90sec jog recovery, 2km easy w-down.	REST OR Easy 6-8k's OR Active Recovery	Tempo Run 2km easy warm-up 4 x 12min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	parkrun+  Easy 5km warm-up, a solid parkrun/5k & then an easy 3km	16-20km Straight up or try a double-run day; 8-14km in the AM, 6-8km in the PM (bonus k's if doing a double run day).	
<b>Nov 4-Nov 10</b>	REST OR Active Recovery	Speed - 10km including easy w-up and strides, 2 x 1k, 4 x 500m, 8 x 200m repeats each with 2min active recoveries. Finish with easy w-down and stretch.	REST OR Easy 6-8k's OR Active Recovery	Interval Session  2km warm-up 1km rep, 2 x 2km reps, 1km rep at 5km pace; all with 4min active recoveries. 2km warm-down	REST OR Active Recovery	parkrun+  Easy 3km warm-up and then solid parkrun/5k. 2km w-down	15km Circuitbreaker: Look to do a good portion (e.g. 9-12k) 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)!	Mateship Run - Sat Nov 10th (1,5,10k)  SEQ Trail Series - Pomona
<b>Nov 11-Nov 17</b>	REST OR Active Recovery	Strength - 10km 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	Tempo Run 2km easy warm-up 3 x 10min tempos with 2min active recovery 2km easy w-down	REST OR Active Recovery	parkrun+  Easy 4km warm-up and then solid parkrun/5k. 2km w-down	12-16km  Not going to break this one up - just go for a good long run and back up last weeks effort!	
<b>Nov 18-Nov 24</b>	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 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	parkrun+  Easy 3km warm-up and then solid parkrun/5k	12-18km Straight up or try a double-run day; 8-12k in the AM, 4-6km in the PM Run the PM session (or last 4-6km if doing as single run) a bit harder.	SEQ Trail Series - Bayview, SE Brisbane
<b>Nov 25-Dec 1</b>	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	Interval Session  2km warm-up 4 x 2km reps @ 5k pace with 3min active recoveries, 2km warm-down	REST 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.	9-12km Circuitbreaker: Easy 1k, 4 x 50m stride/200m jog, rotate 1k easy, 1k at Race Pace, 1k solid x 2-3, 1k easy w-down	
<b>Dec 2-Dec 8</b>	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 Active Recovery	Tempo Run 3km easy warm-up 2 x 6min tempos with 8min active recovery 2km easy w-down	REST OR Active Recovery	parkrun/5k  Run very easy, include a 30-60sec race pace efforts every 5minutes.	GC50 RUN FESTIVAL  15km	GC50  GOOD LUCK 15k RUNNERS!