



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	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	NO BETTER TRAINING THAN RACING!
NOTES	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.	GOLDEN RULE #1 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!
Sep 23-Sep 29	REST OR Active Recovery	Strength - 8-10km including easy w-up and strides, 2km tempo then 5 x 2min hill repeats	REST OR Active Recovery	Tempo Run 2km easy warm-up 4 x 10min tempos with 2min active recovery 2km easy w-down	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.	16-24km Easy, steady state run	Ultra Trail Gold Coast - Sep 24-30
Sep 30-Oct 6	REST OR Easy 7-9k's OR Active Recovery	Rolling Hill Run 8-10km Find a hilly run/loop with some good climbs. Could be off road.	REST 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 Easy 6-8k's OR Active Recovery	parkrun+ Easy 2km warm-up and then solid parkrun/5k and then another 2km easy w-down	20-26km Circuitbreaker: Easy 2-3km w-up, 4 x 50m stride/200m jog, 4-5 x 4k with 2k at race pace, 1k at 10k pace, 1k at marathon pace or bit slower, 1-2km easy w-down	Scenic Rim Ultra (Oct 5) Sanctuary Cove Palms Fun Run (Oct 6)
Oct 7-Oct 13	REST OR Easy 6-8k's OR Active Recovery	Speed - 10km 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 Active Recovery	Tempo Run 2km easy warm-up 2 x 15min tempos with 2min active recovery 2km easy w-down	REST OR Easy 6-8k's OR Active Recovery	parkrun+ Easy 5km warm-up and then solid parkrun/5k. 2km w-down	24-30km Circuitbreaker: Easy 1-2km w-up, 4 x 50m stride/200m jog, 5km steady state, 5km at race pace, 5km 10-15sec per km faster than race pace. 5km steady state 1-2km easy w-down	SEQ Trail Series - Enoggera Toohey Trail Run (5,10,21.1k) Washpool Heritage Trails (nr Grafton,NSW) (9,25,50k)
Oct 14-Oct 20	REST OR Active Recovery	Strength - 8-10km including easy w-up and strides, 2km tempo then 5 x 2min hill repeats with 3min jog back down recovery.	REST OR Active Recovery	Interval Session 2km warm-up 3 x 2km reps @ 5k pace with 2min active recoveries, 2km warm-down	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	20-24km Lighter week; try and find a nice trail and ideally; include some undulations if you can.	Byron Lighthouse Run (6.7, 10k)
Oct 21-Oct 27	REST OR Easy 6-8k's OR Active Recovery	Rolling Hill Run 8-12km Find a hilly run/ loops with some good climbs. Try to keep this one on the road and maintain good rhythm.	REST 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 Easy 6-8k's OR Active Recovery	parkrun+ Easy 4km warm-up and then solid parkrun/5k	24-30km Circuitbreaker: Easy 2-3km 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), 5km steady state 1-2km easy w-down	SEQ Trail Series - Numinbah
Oct 28-Nov 3	REST OR Easy 6-8k's OR Active Recovery	Speed - 8-12km incl 2km easy w-up, 4x800m, 8x400m repeats each with 90sec jog recovery, 2km easy w-down.	REST OR Active Recovery	Tempo Run 2km easy warm-up 4 x 12min tempos with 2min active 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	24-30km Straight up or try a double-run day; 18-22k in the AM, 6-8km in the PM (bonus k's if doing a double run day).	Red Run, Brisbane (5,10k)

Nov 4-Nov 10	REST	Speed - 8-12km 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 Active Recovery	Interval Session 2km warm-up 1km rep, 2 x 2km reps, 1km rep all with 2min active recoveries. 2km warm-down	REST	parkrun+ Easy 3km warm-up and then solid parkrun/5k. 2km w-down	36-40km Circuitbreaker: Look to do two good portions (e.g. 12-15k) within 10-15sec either side of intended race pace, break it up with a couple of k's steady state.	Mateship Run - Sat Nov 10th (1,5,10k) SEQ Trail Series - Pomona
	OR				Easy 8-10k's			
	OR				Active Recovery			
	Active Recovery				Active Recovery			
Nov 11-Nov 17	REST	Strength - 8-12km including warm-up and strides, 3km tempo then 4x2 minute hill repeats all with 3min recoveries. Finish with w-down & stretch.	REST OR Active Recovery	Tempo Run 2km easy warm-up 3 x 10min tempos with 2min active recovery 2km easy w-down	REST	parkrun+ Easy 4km warm-up and then solid parkrun/5k. 2km w-down	28-34km I'm not going to break this one up - just go for a good long run and back up last weeks effort!	
	OR				Easy 6-8k's			
	OR				Active Recovery			
	Active Recovery				Active Recovery			
Nov 18-Nov 24	REST	Threshold - 8-10km 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 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	parkrun+ Easy 3km warm-up and then solid parkrun/5k	24-28km Straight up or try a double-run day; 16-20k in the AM, 8-10km in the PM (bonus k's if doing double run day).	SEQ Trail Series - Bayview, SE Brisbane
	OR				Easy 8-10k's			
	OR				Active Recovery			
	Active Recovery				Active Recovery			
Nov 25-Dec 1	REST	Rolling Hill Run 8-10km 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 Active Recovery	Interval Session 2km warm-up 4 x 2km reps @ 5k pace with 2min active recoveries, 2km warm-down	REST	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.	16-20km Circuitbreaker: Easy 2-3k, 4 x 50m stride/200m jog, rotate 1k easy, 1k at Race Pace, 1k solid x 34, 2-3k easy w-down	
	OR				Easy 6-8k's			
	OR				Active Recovery			
	Active Recovery				Active Recovery			
Dec 2-Dec 8	REST	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 2-3km easy warm-up 2 x 5min tempos with 2min active recovery 1-2km easy w-down	REST	parkrun/5k Run very easy, include a 30-60sec race pace effort every 5minutes.	GC50 RUN FESTIVAL 50km	GC50 GOOD LUCK 50k RUNNERS!
	OR				Easy 6-8k's			
	OR				Active Recovery			
	Active Recovery				Active Recovery			