



# Marathon Plan: 12 Weeks

## Intermediate/Advanced Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	DCR Skills Session	REST	26min UT 5min W/U 5min@10kmp 1min Rec 5min @10kmp 10 min W/D	REST	2km W/U ParkRun 2km W/D	<b>14km Long Run</b>
Week 2	REST	DCR Skills Session	Cross Training	5min W/U 3x7mins@5kmp with 2mins recovery between reps 5min W/D	REST	3km W/U ParkRun 3km W/D	<b>22km Long Run</b> 10km @ comfortable pace 6km @ 1/2mp 1km rec 5km @ 1/2mp
Week 3	REST	DCR Skills Session	REST	5min W/U 4min@5kmp 1min rec 3min @5kmp 1min rec 2min fast, 5minW/D	REST	3km W/U ParkRun 3km W/D	<b>24km Long Run</b> 2km W/U 6km @ 10kmp 2km jog 6km @ 10kmp 2km jog 6km @ 10kmp
Week 4 RECOVERY WEEK	REST	DCR Skills Session	REST	8km Recovery Run	REST	ParkRun: @ comfortable pace	<b>26km Long Run</b> 8km comfortable, 2km @ 10kmp 8km comfortable 4km @ 10kmp 4km C/D



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	REST	DCR Skills Session	Cross Training	5min W/U 5x 5min @5km pace with 2min rec between reps 5 min W/D	REST	4km W/U ParkRun 2km W/D	<b>28km Long Run</b> 7km Jog 5km 1/2mp 2min rec 5km @10kmp 2min rec 5km @ 10kmp 2km W/D
Week 6	REST	DCR Skills Session	REST	5min W/U 10min @1/2mp 2min rec 10min @10kmp	REST	4km W/U ParkRun 4km W/D	<b>30km Long Run</b> 5km Jog 5km 1/2mp 5km jog 5km @10kmp 5km jog 5km @ 1/2mp
Week 7	REST	DCR Skills Session	5km Recovery Run	5min W/U, 2 sets: 4min @50%pace 1min rec 3min @ 70%pace 1min rec, 2min @ 90%pace 5min rec	REST	4km W/U ParkRun 4km W/D	<b>32km Long Run</b> 5km W/U 10km @ 1/2 mp 2km rec 10km @ 1/2 mp 5km W/D
Week 8 RECOVERY WEEK	REST	DCR Skills Session	REST	5min W/U 10min @ 10kmp 2min rec 5min @ 5kmp 2min rec 3min @ 80%pace 5 min W/D	REST	ParkRun Time Trial	<b>25km Long Run</b> 5km W/U 7km @ 1/2mp 5km @ marathon pace 8km jog



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	REST	DCR Skills Session	6km Recovery Run	REST	6km Recovery Run	3km W/U ParkRun 3km W/D	<b>35km Long Run</b> @ Marathon Pace
Week 10	REST	DCR Skills Session	REST	2km W/U 5km @ 5kmp 2km W/D	REST	4km W/U ParkRun 4km W/D	<b>28km Long Run</b> 14km @ 1/2 marathon pace, 14km @ marathon pace
Week 11	REST	DCR Skills Session	Cross Training	5min W/U 3x8mins @ 60% pace 5min W/D	REST	ParkRun Time Trial	<b>20km Long Run</b> 5 x 2km surges at 60% pace
Week 12	REST	DCR Skills Session	REST	6km with 5x 300m surges @ 70% pace	REST	Stretch and rest	RACE DAY



## Legend

### **Long Run**

Run between 45 - 60 seconds slower than anticipated race pace. You should be able to hold a conversation comfortably. Key is time on feet not speed!

### **Recovery Run**

An easy 'conversational' pace run to allow your body to actively recover.

### **DCR Skills Session**

Please check Team App for weekly Skills Session info.

### **HMP (Half Marathon Pace)**

To find your half marathon race pace - look at the time you completed your last half marathon race (or PB half marathon) within the last 6 months and what pace you ran to achieve this. Eg; 2 hours 15 minutes = 6.24 pace

### **10KMP (10km Pace)**

To find your 10km race pace - look at the time you completed your last 10km race (or PB 10km) within the last 6 months, and what pace you did to achieve this. Eg; a 60 minutes.

### **5KMP (5km Pace)**

To find your 5km race pace - look at the time you completed your last 5km PB within the last 6 months, and what pace you did to achieve this. Eg; a 30 minutes.

### **Cross Training**

As part of this plan we recommend incorporating rest days and non-impact cross/strength training, on the days you are not running. Pilates, Yoga, bike riding or weights sessions are ideal.



## Notes

- These plans are to be treated as weekly not daily. There is no set day each week that we recommend doing these sessions. Training for a half marathon needs to be flexible to accommodate weather conditions (below zero anyone?), how you are feeling and the day-to-day demands of life!
- A key point to remember when training for a half marathon is that you are predominantly training for distance (not speed). This is why long slow runs are so important.
- The DCR Coaching Team are always happy to help. If you have any questions about training for a half marathon, please email [dcrcoaching@gmail.com](mailto:dcrcoaching@gmail.com)