

Main principles

- 1- **Keep the joy in running.** A marathon program should help your training and motivation. A marathon program should not dictate your life. Work with the time you have available and make small adjustments depending on how you feel.
- 2- Every runner is different. Always listen to your body. The training program DCR provides, is informed by Runnersworld, Asics Runkeeper, Athletics Victoria, Deakin University School of Exercise and Nutrition Sciences and experience from our DCR coaching team. The DCR training program is a guide which may need a slight adjustment depending on your running experience, available time and goals. Your DCR coaching team is here to help you. For any questions, just approach a DCR coach you feel comfortable with.
- 3- When you miss a training, don't try to play catch up by adding additional training sessions to your schedule. Just skip the training and follow your program.
- 4- When you miss a whole week of training, just repeat the last training of your last week of training and continue where you left off.
- 5- Remember, "rest" is an essential part of your training.

How the program has been built

- 1- The program is built around 3 main DCR sessions: skills, recovery run (Thursday) and DCR long run on Sunday. DCR sessions are marked **BOLD**. Tempo and long runs are planned in the weekend, because that will most likely suit most of the runners.
- 2- The program is built around 4 or 5- 6 runs per week. If this is your first marathon, we recommend following the 4-run-per-week program, so that your body has enough time to recover.
- 3- For the half marathon: you can either follow the full 12-week-program, or step in at week 7. It really depends on how experienced you are. If this is your first half marathon or you never ran more than 15km in one run, DCR recommends following the 12-week-program.
- 4- For the full marathon: you can either follow the full 18-week-program, or step in at 12 weeks. It really depends on how experienced you are. If this is your first marathon, or you never ran more than 25km in one run, DCR recommends following the 18-week-program.
- 5- The program has 3 to 4 weeks of building, one week of easing down (recover), 3 weeks of building etc. The 3 to 4 weeks will slowly create an overload. The 'easy' week will help you recover. After this easy week you will see a 'super compensation' which will make you stronger for the next block of 3 weeks. The total km per week roughly increases by 10% each week.
- 6- The program contains 4 main components
 - a. **DCR skills session**- intervals, various speeds, various recovery. Mostly run at about 5k to 10k speed. Remember always to complete a good warm up before running DCR skills sessions
 - b. **Tempo run**- consistent pace (a little bit above marathon pace) over a medium long distance
 - c. **Long run**- consistent pace (below marathon pace). DCR Sunday runs are ideal for your long run. You can add some km before and after the DCR session as required.
 - d. **Recovery run**- really easy short runs, this should not feel hard, just loosen up the legs



- 7- In addition, we recommend adding some strength exercises to your program. You do not need a gym to do strength exercises, just use body weight. You can add these exercises to your running days. Remember, Rest Days are for REST. For ideas look [here](#), [here](#) and [here](#)

Explanation of key DCR sessions

DCR skills sessions: Our skills sessions are designed around different speeds, different types of recovery and distances. Running at different speeds will help your running dynamics and running physiology. Check [this website](#) for more information. These sessions should feel reasonably hard. You will be puffed but satisfied at the end. You will use more power during these sessions, which means you are more prone to injuries, always do a proper warm up and cool down. Check [this webpage](#) for more information.

Tempo runs: These runs are a little bit quicker than your marathon pace. It will teach your body to maintain a medium high speed for a longer time. You will teach your body to use carbohydrates as fuel.

DCR Long run: Go slow! Time on feet is essential, but it does not need to be fast. By running slowly you will teach your body to use fat as fuel.

Cross training: strength training, bike sessions or a swim. For more information about cross training click [here](#)