

DCR Marathon training program 5-6 days a week

Sess/week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5-6 days	Cross training or REST	DCR Skills	Recovery run	Short tempo or DCR intervals	REST	Tempo run	DCR LR	
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total
1	Cross training	DCR Skills 10km total	5	10km total, 70% effort interval	REST	5km	10km	40km
2	Cross training	DCR Skills 10km total	5	10km total, 70% effort interval	REST	5km	14km	44km
3	Cross training	DCR Skills 10km total	6km	10km total, 70% effort interval	REST	6km	16km	48km
4	Cross training	DCR Skills 10km total	7km	10km total, 70% effort interval	REST	8km	18km	53km
5	Cross training	DCR Skills 10km total	5km	10km total, 70% effort interval	REST	5km	12km	42km
6	Cross training	DCR Skills 10km total	8km	10km total, 70% effort interval	REST	10km	21km	59km
7 step in point	Cross training	DCR Skills 12k total	8km	12km total, 70% effort interval	REST	10km	24km	66km
8	Cross training	DCR Skills 12km total	9km	14km total, 70% effort interval	REST	12km	26km	73km
9	Cross training	DCR Skills 12kmtotal	6km	14km total, 70% effort interval	REST	8km	18km	58km
10	Cross training	DCR Skills 12km total	10km	15km total, 70% effort interval	REST	15km	28km	80km
11	Cross training	DCR Skills 12km total	10km	15km total, 70% effort interval	REST	15km	30km	82km
12	Cross training	DCR Skills 12km total	8km	15km total, 70% effort interval	REST	16km	32km	83km
13	Cross training	DCR Skills 12km total	7km	14km total, 70% effort interval	REST	12km	22km	67km



14	Cross training	DCR Skills 8km total	11km	15km total, 70% effort interval	REST	14km	33km	81km
15	Cross training	DCR Skills 12km total	11	15km total, 70% effort interval	REST	16km	35km	89km
16	Cross training	DCR Skills 12km total	5km	14km total, 70% effort interval	REST	18km	20km	69km
17	Cross training	DCR Skills Go easy	REST	REST	REST	10km	10km	20km
18	Rest	5km	REST	REST	5km	REST	Marathon	