

**DCR 18 week Marathon Training Plan (3 runs per week)**

This plan assumes that participants can already run 10Km and should have completed at least one previous half marathon. This program is built for developing runners. The plan includes 2-3 weeks of building distance followed by a week of reduced distance to allow for recovery. During each building block, the distance of endurance runs increases by about 10% each week. Progress through the plan can be managed using the associated scheduler. Additional interval training for the Thursday and Sunday sessions is included on the next page for participants wishing to attempt a PB and it is also recommended that they consult a member of the DCR coaching panel for advice.

Keep in mind: the program is a guide. Always listen to your body. The rest days are essential for your body to recover from the increasing training load.

Advanced runners, who are least have done one full marathon, are referred to [this website](https://www.medibank.com.au/content/dam/livebetter/en/docs/running-guides/Training-Guide-Marathon-Advanced-12week.pdf)

Xtrain: this may include cycling, swimming, walking. This should feel very easy.

Core: for ideas for core exercises [see this website](https://www.runnersworld.com/training/a20818899/the-6-most-effective-core-exercises-for-distance-athletes/)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Monday** | **Tuesday**  **DCR Skills**  **Speed** | **Wednesday** | **Thursday**  **DCR Social**  **Recovery** | **Friday** | **Saturday**  **X train** | **Sunday**  **DCR Long**  **Endurance** | **Total**  **Weekly**  **Distance** |
| **1** | Rest/Xtrain | 8km | Core | 7km | Rest/Xtrain | **X train** | 10km | 25km |
| **2** | Rest/Xtrain | 8km | Core | 9km | Rest/Xtrain | **X train** | 14km | 31km |
| **3** | Rest/Xtrain | 8km | Core | 11km | Rest/Xtrain | **X train** | 16km | 35km |
| **4** | Rest/Xtrain | 8km | Core | 13km | Rest/Xtrain | **X train** | 18km | 39km |
| **5** | Rest/Xtrain | 8km | Core | 11km | Rest/Xtrain | **X train** | 12km | 31km |
| **6** | Rest/Xtrain | 8km | Core | 7km | Rest/Xtrain | **X train** | 21km | 36km |
| **7** | Rest/Xtrain | 8km | Core | 9km | Rest/Xtrain | **X train** | 24km | 41km |
| **8** | Rest/Xtrain | 8km | Core | 11km | Rest/Xtrain | **X train** | 26km | 45km |
| **9** | Rest/Xtrain | 8km | Core | 11km | Rest/Xtrain | **X train** | 18km | 37km |
| **10** | Rest/Xtrain | 8km | Core | 13km | Rest/Xtrain | **X train** | 28km | 49km |
| **11** | Rest/Xtrain | 8km | Core | 11km | Rest/Xtrain | **X train** | 30km | 49km |
| **12** | Rest/Xtrain | 8km | Core | 9km | Rest/Xtrain | **X train** | 32km | 49km |
| **13** | Rest/Xtrain | 8km | Core | 15km | Rest/Xtrain | **X train** | 22km | 45km |
| **14** | Rest/Xtrain | 8km | Core | 7km | Rest/Xtrain | **X train** | 33km | 48km |
| **15** | Rest/Xtrain | 8km | Core | 7km | Rest/Xtrain | **X train** | 35km | 50km |
| **16** | Rest/Xtrain | 8km | Core | 9km | Rest/Xtrain | **X train** | 20km | 37km |
| **17** | Rest/Xtrain | 5km | Rest | 5km | Rest/Xtrain | **X train** | 10km | 20km |
| **18** | Rest/Xtrain | 5km | Rest | 5km | Rest/Xtrain | **X train** | **42km** | 52km |

**Week 1**

Thursday: 7km endurance run

Sunday: 2km W/U, 2 x (2kms @ 50% HMP with 1km recovery), 2km C/D

**Week 2**

Thursday: 1km W/U, 3km @ 70%, 3km @ 80%, 2km easy

Sunday: 1km W/U, 2 x (4kms @ 80% HMP with 2kms recovery) 1km C/D

**Week 3**

Thursday: 2km W/U, 4km @ 70%, 3km @ 80%, 2km easy

Sunday: 1km W/U, 2 x (5kms @ 80% HMP with 2kms recovery) 1km C/D

**Week 4**

Thursday: 13km recovery run

Sunday: 1km W/U, 5 x (2kms @ 90% HMP with 1km recovery), 2km C/D

**Week 5**

Thursday: 2km W/U, 3km @ HMP, 3km @ 10KP, 3km easy

Sunday: 1km W/U, 3 x (2kms @ 80% HMP with 1kms recovery) 2km C/D

**Week 6**

Thursday: 1km W/U, 2km @ HMP, 2km @ 10KP, 2km easy

Sunday: 1km W/U, 3 x (4kms @ 80% HMP with 2kms recovery) 2km C/D

**Week 7**

Thursday: 9km recovery run

Sunday: 3km W/U, 3 x (4km @ 90% HMP with 2km recovery), 3km C/D

**Week 8**

Thursday: 2km W/U, 3km @ HMP, 2km @ 10KP, 4km easy

Sunday: 2km W/U, 3 x (5kms @ 90% HMP with 2kms recovery) 3km C/D

**Week 9**

Thursday: 2km W/U, 3km @ HMP, 2km @ 10KP, 4km easy

Sunday: 18km comfortable pace

**Week 10**

Thursday: 2km W/U, 4km @ HMP, 3km @ 10KP, 4km easy

Sunday: 2km W/U, 3 x (6kms @ 90% HMP with 2kms recovery) 2km C/D

**Week 11**

Thursday: 11km recovery run

Sunday: 3km W/U, 3 x (6kms @ 90% HMP with 2km recovery), 3km C/D

**Week 12**

Thursday: 1km W/U, 3km @ 70%, 3km @ 80%, 2km easy

Sunday: 4km W/U, 3 x (6kms @ 90% HMP with 2kms recovery) 4km C/D

**Week 13**

Thursday: 3km W/U, 4km @ 70% HMP, 4km @ 80%, 4km easy

Sunday: 2km W/U, 3 x (4kms @ 80% HMP with 2kms recovery) 2km C/D

**Week 14**

Thursday: 7km Recovery Run

Sunday: 5km W/U, 3 x (6km @ 90% HMP with 2km recovery), 4km C/D

**Week 15**

Thursday: 7km recovery run

Sunday: 35km DCR Run to the City

**Week 16**

Thursday: 3km W/U, 2km @ HMP, 2km @ 10KP, 2km easy

Sunday: 2km W/U, 2 x (6kms @ 90% HMP with 2kms recovery) 2km C/D

**Week 17**

Thursday: 5km Recovery run

Sunday: 2km W/U, 2 x (2kms @ 90% HMP with 1km recovery), 2km C/D

**Week 18**

Thursday: 5km recovery run

Sunday: RACE DAY