

Intermediate Marathon Training Program

TEAM BULLDOG



This 6-week Marathon training program will support intermediate runners to finish the Melbourne Marathon strong. Beginners should listen to their body and take more rest where needed.

WEEK/DAY	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL KM
1		8km jog with hills	REST	6km run	12km easy pace + Strength training	REST	15km jog	41
2		12km jog with hills		8km run	8km easy pace + Strength training		18km jog	46
3	Strength training + cross training 40 minutes.	8km jog with hills		8km run	12km easy pace + Strength training		26km jog	54
4		12km jog with hills		8km run	8km easy pace + Strength training		28km jog	56
5		12km jog with hills		7km run	6km easy pace + Strength training		36km jog	61
6	REST / pool or recovery session	Strength training + cross training 40 minutes		6km run	8km easy pace + Strength training		RACE DAY!	56

TRAINING TIPS

- Jogging should be at a pace that is comfortable enough to maintain a conversation with running partners.
- Running should be at a pace that is slightly uncomfortable and requires extra focus to maintain an honest pace.
- Always make sure to listen to your body. Make sure to rest when your body tells you to. If you do not feel challenged enough, feel free to add cross training or weights to supplement the distance.
- On the day of competition, wake up at least two hours before race time and try and put faith in all the training that you have done!

