



Endurance Sports Training

For all your coaching needs go to www.endurancetraining.com.au

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
Week 1	Days to Race	125	124	123	122	121	120	119	
	Session Details	DAY OFF	AM: Run - recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - aerobic finishing with 4x80m strides with a walk back recovery	DAY OFF	AM: Run - long aerobic - 18 KM	Build
	Duration	0	30	50	0	45	0	105	3.83 hrs
Week 2	Days to Race	118	117	116	115	114	113	112	
	Session Details	DAY OFF	AM: Run - recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - aerobic finishing with 5x60m strides with a walk back recovery	DAY OFF	AM: Run - long aerobic - 20 KM	Build
	Duration	0	30	60	0	45	0	120	4.25 hrs
Week 3	Days to Race	111	110	109	108	107	106	105	
	Session Details	Cross Training - 45min to 60min	AM: Run - recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - aerobic finishing with 3x100m strides with a walk back recovery	DAY OFF	AM: Run - long aerobic - 23 KM	Moderate
	Duration	0	30	70	0	40	0	135	4.58 hrs



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Week 4	Days to Race	104	103	102	101	100	99	98	
	Session Details	DAY OFF	AM: Run - recovery + 4x100m strides with a walk back recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - strength endurance 3x90sec hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 17 Km	Recovery/ Adaptation
	Duration	0	35	50	0	45	0	100	3.83 hrs
Week 5	Days to Race	97	96	95	94	93	92	91	
	Session Details	Cross Training - 45min to 60min	AM: Run - recovery + 5x60m strides with a walk back recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - strength endurance 4x90sec hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 25 KM	Moderate
	Duration	0	30	75	0	60	0	150	5.25 hrs
Week 6	Days to Race	90	89	88	87	86	85	84	
	Session Details	DAY OFF	AM: Run - cruise intervals - 3x4min firm with a 2min jog recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - strength endurance 3x2min hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 20 KM	Easy
	Duration	0	40	80	0	50	0	120	4.83 hrs



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Week 7	Days to Race	83	82	81	80	79	78	77	
	Session Details	Cross Training - 45min to 60min	AM: Run - cruise intervals - 5x3min firm with a 1min jog recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - strength endurance 5x90sec hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 28 KM	Hard
	Duration	0	45	70	0	60	0	165	5.67 hrs
Week 8	Days to Race	76	75	74	73	72	71	70	
	Session Details	Easy Walk for 20-30 minutes to loosen up	AM: Run - recovery with 4x80m strides with a walk back recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - strength endurance 4x2min hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 18 KM	Recovery/ Adaptation
	Duration	0	35	60	0	50	0	105	4.17 hrs
Week 9	Days to Race	69	68	67	66	65	64	63	
	Session Details	Cross Training - 45min to 60min	AM: Run - cruise intervals - 5x2min firm with a 1min jog recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - tempo/strength - 6min tempo then immediately into 3x90sec hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 30 KM	High Volume
	Duration	0	40	75	0	60	0	180	5.92 hrs



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Week 10	Days to Race	62	61	60	59	58	57	56	
	Session Details	Easy Walk for 20-30 minutes to loosen up	AM: Run - recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - tempo/strength - 10min tempo then immediately into 3x2min hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 25 KM	Moderate
	Duration	0	30	90	0	70	0	150	5.67 hrs
Week 11	Days to Race	55	54	53	52	51	50	49	
	Session Details	DAY OFF	Cross Training - 45min to 60min	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - tempo/strength - 10min tempo then immediately into 3x90sec hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 23 KM	Recovery/ Adaptation
	Duration	0	0	75	0	50	0	135	4.33 hrs
Week 12	Days to Race	48	47	46	45	44	43	42	
	Session Details	Cross Training - 45min to 60min	AM: Run - cruise intervals - 4x3min with a 1min recovery	AM: Run - medium long aerobic	Cross Training - 45min to 60min	AM or PM: Run - tempo/strength - 10min tempo then immediately into 5x2min hard hill efforts with a jog back recovery	DAY OFF	AM: Run - long aerobic - 36 KM	High Volume
	Duration	0	35	80	0	60	0	210	6.42 hrs



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Week 13	Days to Race	41	40	39	38	37	36	35	
	Session Details	Easy Walk for 20-30 minutes to loosen up	AM: Run - recovery	AM: Run - tempo - 2x8min firm with a 3min recovery jog, then aerobic	Cross Training - 45min to 60min	AM or PM: Run - VO2 - 4x800m hard with a 2min recovery break	DAY OFF	AM: Run - long aerobic - 30 KM	Intensity Focus
	Duration	0	40	75	0	70	0	180	6.08 hrs
Week 14	Days to Race	34	33	32	31	30	29	28	
	Session Details	DAY OFF	AM: Run - recovery	AM: Run - tempo - 2x15min firm with a 5min recovery jog	Cross Training - 45min to 60min	AM or PM: Run - VO2 - 6x600m hard with a 90sec recovery break	DAY OFF	AM: Run - long aerobic - 18 KM	Recovery/ Adaptation
	Duration	0	30	70	0	50	0	105	4.25 hrs
Week 15	Days to Race	27	26	25	24	23	22	21	
	Session Details	Cross Training - 45min to 60min	AM: Run - recovery	AM: Run - tempo - 3x12min firm with a 4min recovery jog	Cross Training - 45min to 60min	AM or PM: Run - VO2 - 4x1000m hard with a 2min recovery break	DAY OFF	AM: Run - long aerobic - 36 KM	Volume Overload
	Duration	0	40	80	0	60	0	210	6.50 hrs



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Week 16	Days to Race	20	19	18	17	16	15	14	
	Session Details	Easy Walk for 20-30 minutes to loosen up	AM: Run - recovery	AM: Run - tempo - 2x20min firm with a 6min recovery jog	Cross Training - 45min to 60min	AM or PM: Run - VO2 - 6x800m hard with a 2min recovery break	DAY OFF	AM: Run - long aerobic - 28 KM	Intensity Focus
	Duration	0	30	75	0	60	0	165	5.50 hrs
Week 17	Days to Race	13	12	11	10	9	8	7	
	Session Details	DAY OFF	AM: Run - recovery	AM: Run - tempo - 3x10min firm with a 4min recovery jog	DAY OFF	AM or PM: Run - VO2 - 10x400m hard with a 60sec recovery break	DAY OFF	AM: Run - long aerobic - nice and easy, even if you feel good - 16 KM	Moderate/ Taper
	Duration	0	30	80	0	60	0	90	4.33 hrs
Week 18	Days to Race	6	5	4	3	2	1	0	
	Session Details	DAY OFF	AM: Run - recovery	AM: Run - tempo - 1x10min firm effort	DAY OFF	AM: Run - preparation - easy flat low intensity run. Include 4x30sec firm efforts: 2min recovery jog	DAY OFF	Race Day	Taper
	Duration	0	30	50	0	35	0	????	1.92 hrs