



RACV SOLAR

GREAT OCEAN ROAD

RUNNING FESTIVAL

RACV SOLAR MARATHON TRAINING PLAN



DR. KELLIE ANGEL

**THIS TRAINING PROGRAM HAS BEEN DEVELOPED BY
DR. KELLIE ANGEL**

**ACCREDITED LEVEL 3 RECREATIONAL RUNNING
COACH- ENDURANCE EDGE**

**ATHLETICS AUSTRALIA COURSE DEVELOPER
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**LEVEL 3 PERFORMANCE DEVELOPMENT
TRAIL & ULTRA COACHING COURSE**

OCCUPATIONAL THERAPIST, PHD

**AUSTRALIAN REPRESENTATIVE
ULTRA/TRAIL RUNNER**

SUB 3 MARATHONER

MUM TO TWO BOYS

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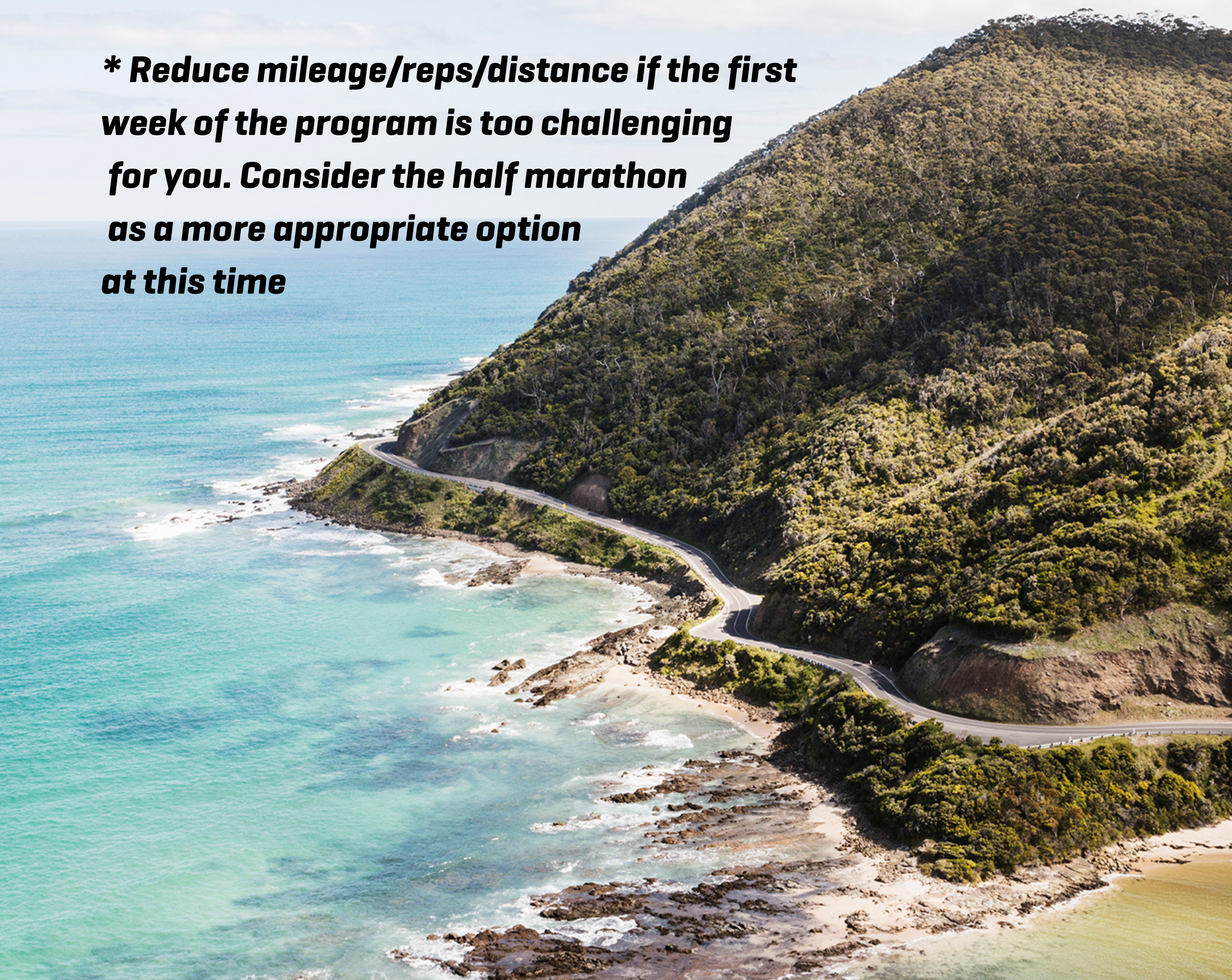


*** This program is to be used as a guide only and assumes the following: Medical clearance to run a marathon, established level of fitness to run a marathon (approx mileage averaging 40-50km/week), previous recent experience running at least a half marathon.**

*** This program assumes that you already have a strong fitness base and provides a suggested guide to the final 12 weeks to your training.**

*** Seek professional advice from a Recreational Running Coach or Health Professional if you have any queries about your individual circumstance.**

*** Reduce mileage/reps/distance if the first week of the program is too challenging for you. Consider the half marathon as a more appropriate option at this time**



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* LSD= Long slow distance run- Should be run at pace where you can still talk. Avoid the temptation to run too quickly-you can run quicker during the targeted speed sessions.

* Always include a warm up and cool down for quality sessions (eg. Tuesday and Thursday sessions)

* X-train= cross training, easy aerobic session such as swimming, cycling, or mobility session such as yoga

| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------|---------|--|------------------|---|------|-------------|-----------------------------|
| 1 | X-train | Easy 6km | Easy 8km | 6km Neg split | Rest | 24km LSD | Easy recovery run 5km |
| 2 | X-train | 10x30 sec fartlek (30 sec float) | Easy 8km | 8-10 x 30sec shill repeats | Rest | 26km LSD | Easy recovery run 5-6km |
| 3 | X-train | 10x60 sec fartlek (60 sec float) | Easy 8-10km | Tempo- 2km easy, 4km at race pace, 2km easy | Rest | 28km LSD | Easy recovery run 5-6km |
| 4 | X-train | 10x60 sec fartlek (30 sec float) | Easy 8-10km | 8-10 x 45 sec hill repeats | Rest | 30km LSD | Easy recovery run 7-8km |
| 5 | X-train | Easy 6-8km | Easy 8-10km | Easy 6-8km | Rest | 28km LSD | Easy recovery run 7-8km |
| 6 | X-train | 8x2min fartlek (60 sec float) | Easy 10- 12km | 8-10 x 60 sec hill repeats | Rest | 32km LSD | Easy recovery run 9-10km |

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| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------|---------|---|--------------|--|------|---|-----------------------------|
| 7 | X-train | 10x2min fartlek (30 sec float) | Easy 10-12km | Tempo- 2km easy, 6km at race pace, 2km easy | Rest | 34km LSD | Easy recovery run 9-10km |
| 8 | X-train | Pyramid session 1,2,3,4,3,2, 1 (minutes, same recovery) | Easy 12km | 8km hilly- surge hills, recover on downs and flats | Rest | 36km LSD | Easy recovery run 8km |
| 9 | X-train | Easy 8km | Easy 10km | Tempo- 2km easy, 8km at race pace, 2km easy | Rest | 30km LSD | Easy recovery 7-8km |
| 10 | X-train | Telford Fartlek 1x4min, 2x3min, 3x2min, 4x1min (60 sec recovery) | Easy 8-10km | U-shaped hill- 4-6x down and up reps | Rest | 24km LSD | Easy recovery run 7-8km |
| 11 | X-train | Table top 1-3-3-1 mins (same recovery) | Easy 8km | Progressive 6-8km to race pace | Rest | 16km LSD | Easy recovery run 5-6km |
| 12 | X-train | Monafartlek | Easy 6km | Easy 6km with fast finish | Rest | 20 min jog + 4- 6x80 m stride s | Race- 44km |