

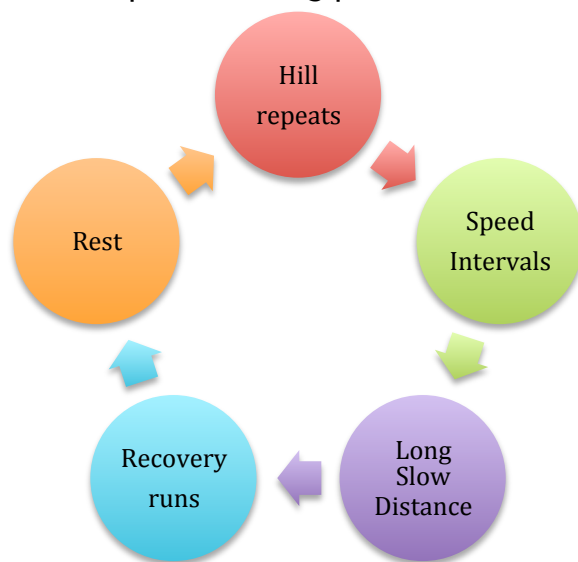
# South Pine Striders Training Plan

## Gold Coast Marathon 2013

This training plan is based on an approach to weekly training that places a high priority on 3 key training sessions:

### Key Weekly Training Sessions

- **Interval Session** - designed to increase speed, lactate threshold and cardiovascular capacity. Intervals are designed race specific - according to the race that runners are preparing for.
- **Hill Repeats** - for improving VO2max and increasing muscle strength.
- **LSD** - long slow distance (on weekends). Prepares your body for consistent output over long periods of time. Race specific distances.



### Secondary Training Sessions

If you are a serious runner your additional training days will be spent doing running related things. If you are a triathlete you will be concentrating on your other disciplines. If you are keen on a range of sporting activities then you can cross train (swim, MTB, gym, plyometrics, etc)

### Serious runners will do a range of additional activities:

- Mid week long run.
- Weekly Time Trial.
- Recovery runs.

## Rest

It is critical that you have a day of rest each week. Rest is training. No rest is injury - eventually.

## Qualification:

This training program is a guide only and does not constitute authoritative advice or prescription on training matters. No warranty of safety should result from its use. The guide in no way guarantees against injury or death. You need to see your doctor for advice on your capacity to undertake strenuous training. This is not the only training plan on earth that works, training plans although built on sound principles are subjective. This is a general guide to what has helped us as a club take plenty of people from the couch to the marathon finishing line.

## Training Program Guide:

This program assumes that the Gold Coast Marathon is the peak race that you are building up to. My advice is NOT to do every race on the calendar, but to pick and choose your races according to which will help prepare you best for your chosen peak race of the year.

It is however very important to at least race a 5km or 10km in the run up to Gold Coast so that you have an indicative time from which your race pace can be calculated. Shorter races are essentially time trials, and you need to have them built into the program. (I don't let runners know at Striders when we are having a TT because then they don't show!).

Park Run is held every weekend and is a good option for a TT, although it messes with your training schedule. It is better to do a shorter time trial (3-5km) during the week and keep your training program on track, or do your TT on Saturday and your long run on Sunday at a slower pace. (make sure you get a rest day for the one you lose).

- Training weeks are in GREEN.
- Race weeks are in YELLOW.
- Explanatory notes above the week.
- Peak Training builds up relevant to the race that we are preparing for.
- Tapering happens over a 3 week period where we taper down after Peak Training period which is strenuous. Tapering allows recovery and arrival at race with fresh legs.

## 10km Strategy:

I prefer 10km runners to train past 10km (up to 16km) so that on race day you have more than enough endurance built in and you don't need to

worry about that. You can concentrate on putting out maximum effort and the race will seem short.

**Half Strategy:**

I prefer Half marathoners to train past 21km (up to 26km) so that on race day you have more than enough endurance built in and you don't need to worry about that. You can concentrate on putting out maximum effort and the race will seem short.

**Marathon Strategy:**

I prefer marathoners to train to a maximum of 35km preferably 33km. It's no use being a hero and going further because you will do damage to your legs and as a result you will not be able to train as well in the run up. You race when you race (damage yourself) but train when you train (build not damage).

**LSD Strategy:**

You put your biggest effort into your two weekly technical sessions (intervals & hills) so don't kill yourself in LSD. Time on legs is most important rather than speed or distance. Obviously you need to achieve your distances in the run up to a marathon but be careful.

**Interval Strategy:**

The distances are indicative. We try and make our interval sessions interesting and creative, these distances are simply what the interval session is based around in terms of what runners need to achieve in their intervals. If you are doing this by yourself then you simply do the straight distances as shown. All normal interval sessions are based around 5km. Taper intervals are based on 4km.

	Week	Intervals	LSD
10km	4-10 Mar	800m	14km
Half		800m	21km
Mar		800m	21km
10	11-17 Mar	1200m	12km
Half		1200m	17km
Mar		1200m	19km
10	18-24 Mar	400m	Twilight

		repeats (4km)	Race Day
Half			
Mar			
	(Recovery Week)		
10	25-31 Mar	200m recovery. Non racers 600m.	10km easy
Half		200m recovery. Non racers 1000m rpts.	14km easy
Mar		200m recovery. Non racers 1200m.	16km easy
	4 weeks to Noosa		
10	1-7 Apr		
Half		1400m	Pinnacles
Mar		1400m	Pinnacles
	3 weeks to Noosa	Noosa Taper 1	
10	8-14 Apr	100m	12km
Half		1200m	22km
Mar	*Doing Half	1200m	22km
	2 weeks to Noosa	Noosa Taper 2	
10	15-21 Apr	1000m	10km
Half		1000m	18km
Mar	*Doing Half	1000m	18km
	1 week to Noosa	Noosa Taper 3	Noosa Festival
10	22-28 Apr	400m (4km)	Noosa
Half		400m (4km)	Noosa
Mar		400m (4km)	Noosa
10	29 Apr-5 May	600m	12km

Half		600m	18km
Mar		600m	25km
	9 weeks to GCM		
10	6-12 May	800m	12km
Half		800m	22km
Mar		800m	30km
	8 weeks to GCM	Peak 1	
10	13-19 May	1000m	14km
Half		1200	24km
Mar		1200	33km
	7 weeks to GCM	Peak 2	
10	20-26 May	1200	14km
Half		1400	25km
Mar		1400	35km
	6 weeks to GCM	Peak 3	Doomben Half Race
10	27 May - 2 June	1200m	16km
Half		1600m	25km
Mar		1600m	33km
	5 weeks to GCM	Peak 4	
10	3-9 Jun	1200m	14km
Half		1600m	24km
Mar		1600m	30km
	4 weeks to GCM	Peak 5	City2South Race
10	10-16 Jun	12000	Race or 14km
Half		1200m	Race or 21km
Mar		1200m	Race or 25km
	3 weeks to GCM	Taper 1	
10	17-23 Jun	1000m	12km
Half		1000m	18km
Mar		1000m	21km

	2 weeks to GCM	Taper 2	
10	24-30 Jun	800m	8km
Half		800m	16km
Mar		800m	18km
	1 week to GCM	Taper 3	
10	1 - 7 July	400m (4km)	Race day
Half		400m (4km)	Race day
Mar		400m (4km)	Race day
10		200m rec rpts	Recovery
Half		200m rec rpts	Recovery
Mar		200m rec rpts	Recovery

### Race Schedule At A Glance

Week	Weeks to GCM	Activity	Taper/Peak
4-10 Mar	18	Normal Training	Normal Training
11-17 Mar	17	Training	Taper 1
18-24 Mar	16	Twilight Running Festival	Taper 2
25-31 Mar	15	Recovery Run	
1-7 Apr	14	Pinnacles 18km Trail or Noosa training	
8-14 Apr	13	Noosa Training (Time Trial Week)	Taper 1
15-21 Apr	12	Noosa Training	Taper 2
22-28 Apr	11	Noosa Running Festival	Taper 3
29 Apr-5 May	10	Recovery	
6-12 May	9	Normal Training	
13-19 May	8	Pine Rivers Festival or Normal Training	Peak 1

20-26 May	7	Doomben taper or Normal Training	Peak 2
27 May - 2 June	6	Doomben Half	Peak 3
3-9 Jun	5	Recovery or Normal Training	Peak 4
10-16 Jun	4	City 2 South	Peak 5
17-23 Jun	3	Normal Training (Time Trial Week)	Taper1
24-30 Jun	2	Normal Training	Taper 2
1 - 7 July	1	Gold Coast Marathon	Taper 3