

Gold Coast Marathon – Km based for long run - Beginners

Week Starting	Weeks till GC Mara	Monday Easy	Tuesday – Speed work /6	Wednesday – Run easy	Thursday – hills/6	Friday	Saturday – LSD run	Sunday – tempo run	Total
16th Feb	20	Day OFF	Intervals	6k	Hills	Day OFF	14k	Day off/ cross train	32
23rd Feb	19	5k	Intervals	6k	Hills	Day OFF	16k	Day Off / Cross train	39
2nd Mar	18	5k	Intervals	5k	Hills	Day OFF	18k	5k easy	46
9th Mar	17	Day OFF	Intervals	8k	Hills	Day OFF	18k AM 5k PM	8k easy	49
16th Mar	16	Day OFF	Intervals	8k	Hills/ Overspeed	Easy 6km with 6 x 1 min efforts at 5km pace	Day OFF	Twilight Festival 10k	36
23rd Mar	15E	Day OFF	Intervals	12k	Hills	Day OFF	23k	Day OFF/ cross train	47
30th Mar	14	6k with 4 x 2 min at 5k pace	Intervals	10k	Hills	Day OFF	25k	6k	53
6th April	13	Day OFF	Intervals	12k	Hills	Day OFF	27k	7k	59
13th Apr	12 E	Day OFF	Intervals	10k	Hills	Day OFF	22k 5k	Day OFF/ cross train	49
20th Apr	11	8k	Intervals	15k	Hills	Day OFF	28k	6k	69

27th Apr	10	Day OFF	Intervals	15k	Hills	Day OFF	30k	6k	63
4th May	9	6k	Intervals	16k	Hills	Day OFF	32k (no more than 3 ½ hrs running)	6k	72
11th May	8 E	Day OFF	Intervals	12k	Hills	Day OFF	22k am 6k pm	Day OFF	52
18th May	7	12k	Intervals	Day OFF	Hills	Easy 6km with 10 x 30 sec efforts	Day OFF	Noosa ½ Marathon	51
25th may	6	Day OFF	Intervals - Recov	12k	Hills	Day OFF	30k	10k	64
1st June	5	6	Intervals	15k	Overspeed	Day OFF	35k (no more than 3 1/2hrs running)	5k	73
8th June	4 E	Day OFF	Intervals	12k	Overspeed	Day OFF	25k am 5k pm	5k tempo	59
15th June	3	Day OFF	Intervals	6k	Tempo	Day OFF	20k with the first and last 3k at race pace	6k tempo	44
22nd June	2	Day OFF	Intervals	5k	Tempo	Day OFF	15k with first and last 3km at race pace	Day OFF	32
29th June	1	Easy 4k	Intervals	Day OFF	5km tempo	5km easy with 8 x 30sec sl faster than race pace	Day OFF	RACE DAY	20 +