

Gold Coast Marathon – Km based for long run - Intermediate and Experienced

Week Starting	Weeks till GC Mara	Monday Easy	Tuesday – Speed work /7	Wednesday – Run easy	Thursday – hills/7	Friday	Saturday – LSD run	Sunday – tempo run	Total
16 th Feb	20	Day OFF	Intervals	5k	Hills	Day OFF	14k	6k	39
23 rd Feb	19	Day OFF	Intervals	6k	Hills	Day OFF	16k	6k	42
2 nd Mar	18	6k	Intervals	5k	Hills	Day OFF	18k	6k	43/49
9 th Mar	17	8k	Intervals	6k	Hills	Day OFF	18k AM 5k PM	5k	48 /56
16 th Mar	16	Day OFF	Intervals	8k	Hills	Day OFF	15k	Twilight Festival 10k	47
23 rd Mar	15E	Day OFF	Intervals	8k	Hills	Day OFF	23k	Day OFF	45
30 th Mar	14	8k	Intervals	12k	Hills	Day OFF	25k	6k	57/65
6 th April	13	8k	Intervals	14k	Hills	Day OFF	27k	8k	63/71
13 th Apr	12 E	6k	Intervals	10k	Hills	Day OFF	22k 5k	Day OFF	51 /57
20 th Apr	11	8k	Intervals	15k	Hills	Day OFF	28k	8k	65 /73
27 th Apr	10	8k	Intervals	15k	Hills	Day OFF	30k	6k	65 /73

4th May	9	10k	Intervals	14 /17k	Hills	Day OFF	32k (no more than 3 ½ hrs running)	6k	63 /79
11th May	8 E	Day OFF	Intervals	12k	Hills	Day OFF	22k am 6k pm	6k	60
18th May	7	10k	Intervals	8k	Hills	Easy 5km with 10 x 30 sec efforts	Day OFF	Noosa ½ Marathon	48 /58
25th may	6	Day OFF	Intervals - Recov	12k	Hills	Day OFF	30k	10k	60
1st June	5	10	Intervals	15k	Overspeed	Day OFF	35k (no more than 3 1/2hrs running)	5k /8k recov	69 /82
8th June	4 E	Day OFF	Intervals	8/12k	Overspeed	Day OFF	25k am 5k pm	5k tempo	57 /61
15th June	3	8k	Intervals	6k	Tempo	Day OFF	20k first and last 5k at race pace	8k tempo	48 /56
22nd June	2	Day OFF	Intervals	5k	Tempo	Day OFF	15k with first and last 3km at race pace	Day OFF	34
29th June	1	Easy 6k	Intervals	Day OFF	5km tempo	5km easy with 8 x 30sec sl faster than race pace	Day OFF	RACE DAY	

NB – Intermediate runners have a day off every Monday. When there is a choice of 2 options Intermediate runners take the first option.