

# South Pine Striders Training Plan

## Gold Coast Marathon 2016

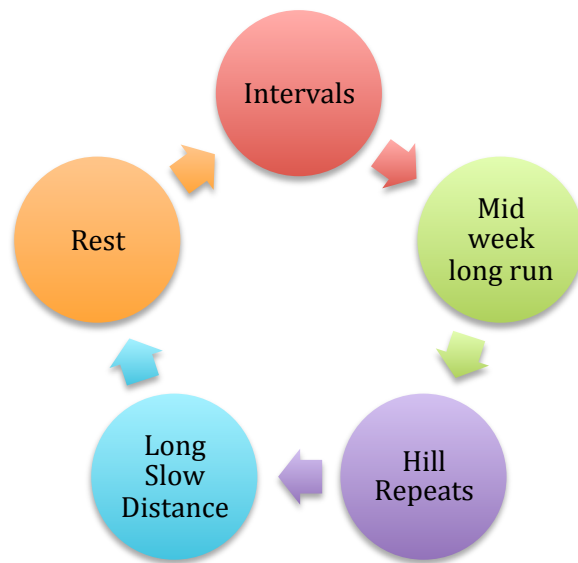
### Modified for Intermediate Runners

This is a modified training plan and is based on an approach to weekly training that places a high priority on 3 key training sessions (intervals, hill repeats, LSD) plus some important secondary training sessions. The key changes are:

- Moderate mid week runs.
- Moderate long runs
- Easier week in the middle of peak training build up for GCM.
- Optional mid week run (don't do it if the overall load is too much for your body and legs).

#### 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.
- **Mid Week Long Run** - for building endurance and accruing mileage. This is optional for intermediate runners. If you are finding the program too tough then have a break in between the intervals on Tuesday and Hills on Thursday.
- **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.
- **Recovery** - rest is an active part of training.



### 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. Again, this is optional.
- 4 Weekly Time Trial.
- Recovery runs.

Some excellent wisdom from coach Mary Jackson for people who want to get a little more serious:

- Doing Parkrun every week (5km time trial) is not advised.
- Do it as part of your long run if you want your next T-shirt but be disciplined in how fast you run it.
- Especially in the first 10 weeks of a program it would be better off being another shorter LSD to build muscle fibres or we won't lay down as many fibres as we like to convert to speed later. Too much speed early on and fibres are 'banded' not 'built'.
- For those who want to step up they need to be doing lots of hills as well as trails if possible. This is where the biggest gains will be made in terms of strength and hip stability. Long slow hills, hills and more hills. This doesn't necessarily mean extra km's but changing the surface that is run on. Get away from the flats of Redcliffe if you want to be strong runners.

### 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:**

2016 is a hard year to plan our Striders marathon program for a range of reasons:

1. Key race dates have moved from where they used to be (i.e. Noosa)
2. Striders are branching out and doing more races than ever before.
3. The club nominated races don't fit in nicely to a GCM run up.

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.

My advice for those who want to prioritise the GCM marathon is:

1. Do Twilight 10km.
2. Do Great South Run Half or Pinnacles
3. Do NOT race Noosa Half if you are a fast runner (you can run it moderately but you can't hurt yourself because there's little time to recover).
4. Prioritise your GCM peak training over Noosa or City 2 South.

It is however very important to at least race a 5km or 10km or Half (marathoners) 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 but make sure you get a rest day for the one you lose. You only need a time trial once every 4 weeks.

- Training weeks are in **YELLOW**.
- Race weeks are in **GREEN**.
- Explanatory notes above the week.
- Peak Training builds up relevant to the race that we are preparing for. Peak training can last for 4 weeks.
- Tapering happens over a 3-4 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 minimum. Taper intervals are based on 4km.

### What a training week looks like:

There are a range of different options as to how a training week can look:

#### Option 1 - Basic

1x intervals

1x hill repeats

1x long slow distance

Plus additional recovery runs or cross training (cycling, swimming)

#### Option 2 - More mileage

1x intervals

1x mid week long run

1x hill repeats

1x long slow distance

Plus additional recovery runs

	16w to GCM			
10	14-20 Mar	400m repeats (4km)	Race Taper	Twilight Race Day
Half		400m repeats (4km)	Race Taper	
Mar		400m repeats (4km)	Race Taper	
	15w to GCM			
10	21-27 Mar	200m recovery. Non racers 800m.	6km	10km
Half		200m recovery. Non racers 1000m rpts.	8km	14km
Mar		200m recovery. Non racers 1200m.	8km	16km
	14w to GCM			
10	28March-3 Apr	800m	6km	12km

Half		1000m	8km	17km
Mar		1000m	8km	19km
	13w to GCM			Great South
10	4-10 Apr	100m	6km or taper	12km/Race
Half		1200m	8km or taper	20km/Race
Mar		1200m	8km or taper	22km/Race
MLR				
	12w to GCM			
10	11-17 Apr	1000m	6km or taper	BRR 10km
Half		1000m	8km or taper	Pinn/BRR
Mar		1000m	8km or taper	Pinn/BRR
	11w to GCM			
10	Apr 18-24	400m	6km	12km
Half		400m	8km	18km/Rec12k
Mar		400m	8km	25km/Rec12k
	10w to GCM			
10	A25-May1	600m	6km	12km
Half		600m	8km	20km
Mar		600m	8km	27km
	9w to GCM			
10	May 2-8	800m	6km	12km
Half		800m	8km	22km
Mar		800m	8km	30km
	8w to GCM	Peak 1		
10	May 9-15	1000m	6km	14km
Half		1200	10km	24km
Mar		1200	12km	33km
	7w to GCM	Peak 2		
10	May 16-22	1200	6km	14km
Half		1400	10km	25km
Mar		8	12km	29km
	6w to GCM	Peak 3		Noosa/BHM
10	May 23-29	1200m	8km	16km
Half		1600m	8km	25km
Mar		1600m	10km	33km
	5w to GCM	Peak 4		City2South
10	M 30-June5	1200m	8km	14km
Half		1600m	10km	24km
Mar		1600m	10km	30km
	4w to GCM	Peak 5		
10	June 6-12	12000	6km	14km

Half		1200m	8km	20km
Mar		1200m	8km	24km
	3w to GCM	Taper 1		
10	June 13-19	1000m	6km	12km
Half		1000m	8km	18km
Mar		1000m	8km	21km
	2w to GCM	Taper 2		
10	June 20-26	800m	6km	8km
Half		800m	8km	13km
Mar		800m	8km	17km
	1w to GCM	Taper 3		
10	Jn27-3July	400m (4km)	None	Race day
Half		400m (4km)	None	Race day
Mar		400m (4km)	None	Race day

### Race Schedule At A Glance

Week	Weeks to GCM	Activity	Taper/Peak
Mar 14-20	15	Twilight or Training	GSR Peak 4 or Race
Mar 21-27	14	Training	GSR Peak 5
Mr28-Apr3	13	Training (Time Trial Week)	Taper 1
Apr 4-10	12	Great South Run	Taper 2
April 11-17		Pinnacles/BRR	Race/Recovery
Apr 18-24	11	Training	Recovery/Normal
A25-May1	10	Training	
May 2-8	9	Training (Time Trial Week)	
May 9-15	8	Training	GCM Peak 1
May 16-22	7	Training	GCM Peak 2/N-Taper
May 23-29	6	Noosa/Brisbane Half	GCM Peak 3
M 30-June5	5	City 2 South/Pine Rivers Fun Run or Normal Training	GCM Peak 4
June 6-12	4	Training (Time Trial Week)	GCM Peak 5
June 13-19	3	Training	GCM Taper1
June 20-26	2	Training	GCM Taper 2
Jn27-3July	1	Gold Coast Marathon	GCM Taper 3

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