

I have copied this training program from the Quest 2001 web site and customised it for only the ½ and full marathon. **The training schedule culminates on the 29th April 2001.** You can save it to your hard drive or send it to the printer. Marc Pitot

A Seven Week Training Program

WEEK 7 STARTING 10/4/00

The following training schedule is divided into competitive (for those who want to finish in a particular time) and non-competitive (for those who want to participate and enjoy the day, regardless of the time it takes).

Cut out the following programme and put it on the fridge:

	<u>Half Marathon</u>		Marathon		
Day	Competitive	Non-Competitive	Competitive	Non-Competitive	Your progress
Sat	<u>10 km running uphill hard</u>	10km	20km -some hills	20km run easy	
Sun	<u>5km easy</u>	5km easy	12-15km easy	10-12 easy	
Mon	<u>5-7km easy or rest</u>	4-5km easy or rest	5-7km easy	5-7km or rest	
Tues	<u>rest or opposite to Monday</u>	rest or opposite to Monday	10km with 4x2min surges	opposite to Monday	
Wed	<u>10km with 2x2 min surges</u>	8-10 km	15-18km easy run	12-15km easy run	
Thurs	<u>5km or rest</u>	rest	10km at predicted marathon pace	10km run	
Fri	<u>rest</u>	rest	rest	rest	
				weekly total	

Notes:

WEEK 5 STARTING 24/4/00

With only 5 weeks to go, everyone should be feeling confident and hopefully fit. For those of you who have "surges" in your programme, these are done at an even, but very hard pace. The interval between them should equal the length of the surge (ie after you have warmed up, do a 2min surge, slow down for 2 mins before doing the next surge. This applies to walkers as well as runners.

For your Sunday run this weekend, the OMRRC are holding another event on the West End (Davies Park) course. 21km at 6am and 10km and shorter at 6.30am. Why not do your Sunday run there and you might even find another training group, which suits your needs.

	<u>Half Marathon</u>		Marathon		
Day	Competitive	Non-Competitive	Competitive	Non-Competitive	Your progress
<u>Sat</u>	<u>15km with some hills</u>	15km	25-27km	22-25km	
<u>Sun</u>	<u>10-12km</u>	8-10km	18-20km	15-18km	
<u>Mon</u>	<u>5-7km</u>	4-5km or rest	7-10km easy	rest	
<u>Tues</u>	<u>10km with 4x2min surges</u>	opposite to Mon	12km with 4x3min surges	10km at predicted marathon pace	
<u>Wed</u>	<u>10-12km</u>	8-10km	16-18km	12-15km	
<u>Thurs</u>	<u>5-7km</u>	5-7km	10km at predicted marathon pace	10km	
<u>Fri</u>	<u>rest</u>	rest	rest	rest	
				weekly total	

Notes:

WEEK 4 STARTING 01/5/00

As we get closer to our race day, you have noticed that almost everyone is now training 5 or 6 days a week. It is at this point that you can lose motivation, particularly if you are training alone. If you think that you could train better in a group, then contact one of the specialised running shops as they have one or two training groups each on various nights during the week.

Southern Suburbs Keep On Running ph: 3895-8855

Northern Suburbs The Run Inn ph: 3354 3425

Northern Suburbs Run On Down ph: 3354 3963

Inner City West Intraining ph: 3371 7811

	<i>Half Marathon</i>		Marathon		
Day	Competitive	Non-Competitive	Competitive	Non-Competitive	Your progress
<i>Sat</i>	<i>5-8km</i>	5km	15-18km	12-15km	
<i>Sun</i>	<i>10km hard</i>	10km	21km hard	21km	
<i>Mon</i>	<i>5-7km</i>	rest	5-7km or rest	rest	
<i>Tues</i>	<i>12km with 4x2.5min surges</i>	12km	12km with 4x3min surges	12km	
<i>Wed</i>	<i>10km</i>	8km	18-20km	14-16km	
<i>Thurs</i>	<i>5-7km</i>	5-7km	10km at predicted marathon pace	10km at predicted marathon pace	
<i>Fri</i>	<i>rest</i>	rest	rest	rest	
				weekly total	

Notes:

WEEK 3 STARTING 8/5/00

There are 3 weeks to go! Those of you training for the 5km and 10km will notice that some of your training sessions are approaching the actual race distances, whereas those training for the half and full marathon, distances and weekly mileage increase, but don't actually achieve race distance in one session.

For those of you following the "competitive" training programme, I believe this Saturday's 5 or 6km runs to be important and ideally they should be run over a measured course. This Saturday there are 3 such locations where events of 5 or 6 km are occurring at 7am.

Sherwood Forest Park 6km Jolimont Road Carpark

St Lucia Campus 5km between swimming pool and tennis courts

Victoria Point 5km near toilet block in Foreshore Park

On Sunday the QMRRC is conducting a with various distances including 10km and 25km. Your Sunday run could incorporate one of these runs. Contact Keep On Running (07 3895-8855).

	<u><i>Half Marathon</i></u>		Marathon		
Day	Competitive	Non-Competitive	Competitive	Non-Competitive	Your progress
<u><i>Sat</i></u>	<u><i>5-6km hard</i></u>	5-6km	5-6km hard	5-6km	
<u><i>Sun</i></u>	<u><i>15-18km</i></u>	14-15km	27km	27km	
<u><i>Mon</i></u>	<u><i>5-7km</i></u>	5-7km	5km or rest	5km or rest	
<u><i>Tues</i></u>	<u><i>12km with 4x2.5min surges</i></u>	12km	12km with 4x3min surges	12km	
<u><i>Wed</i></u>	<u><i>10km</i></u>	8km	18-20km	14-16km	
<u><i>Thurs</i></u>	<u><i>6-8km</i></u>	6-8km	10km at predicted marathon pace	10km at predicted marathon pace	
<u><i>Fri</i></u>	<u><i>rest</i></u>	rest	rest	rest	
				weekly total	

Notes:

WEEK 2 STARTING 15/5/00

You are now within 2weeks of the big event and you will notice that from midweek the training is cut back a little as we enter the "taper" phase of our preparation.

This Sunday is your last chance to run the West End (Davies Park) course with the QMRRC before the big event, with the longer run starting at 6am and the 10km and shorter runs at 6.30am.

For those who have signed up for the Marathon, this Saturday and Sunday are the days to be honest with yourself. "Have I done the training?" "Did I survive both of these training sessions and felt OK?" If you had extreme difficulty doing the following training runs, then maybe you are not ready for the Marathon -maybe you should reconsider and do the half this year and leave the Marathon until next year.

Anyone, with a bit of training and common sense can get through a 5km, 10km and in many cases, a half marathon, but if you have trouble covering 25km, then the last 12 to 17km will be extremely slow, lonely and painful. In fact, being undertrained for the Marathon can take away the joy of success when you finally do cross the finish line.

	<u>Half Marathon</u>		Marathon		
Day	Competitive	Non-Competitive	Competitive	Non-Competitive	Your progress
<u>Sat</u>	<u>18-20 easy</u>	15-18km easy	23-25km	20-23km	
<u>Sun</u>	<u>10km</u>	10km	18-25km	18-20km	
<u>Mon</u>	<u>5-7km</u>	5km	5-7km	5km	
<u>Tues</u>	<u>10km with 3x2min surges</u>	10km	12km with 4x3min surges	12km	
<u>Wed</u>	<u>8km</u>	5km	15-18km	14-16km	
<u>Thurs</u>	<u>5-7km</u>	5-7km	10km at predicted marathon pace	10km at predicted marathon pace	
<u>Fri</u>	<u>rest</u>	rest	rest	rest	
				weekly total	

Notes:

WEEK 1 STARTING 22/5/00

This is now the last week, where we back right off in our training and try and keep fresh.

The secret of success is now to remain calm and normal. If you have done all of the training, then success will come to you. It is too late to do a "crash training course". There is no substitute for "miles under your belt" and for those of you who have trained for the past 3 months, you have these miles.

This is the week where you don't want a chill or infection, so please take precautions. When talking to other entrants, you will hear them talking about vitamin supplements, carbo-loading etc. If you do not know what these things are and haven't been doing it, then now is not the time to start. Do not change your diet dramatically as this can adversely affect your performance.

Remember, regardless of the distance you have chosen there are no magic foods or potions, which can replace your training base.

	<i>Half Marathon</i>		Marathon		
Day	Competitive	Non-Competitive	Competitive	Non-Competitive	Your progress
<i>Sat</i>	<i><u>15-16km</u></i>	12-15km	18-20km	15-18km	
<i>Sun</i>	<i><u>10km</u></i>	10km	12-15km	10-15km	
<i>Mon</i>	<i><u>5-7km</u></i>	rest	5km easy	5km	
<i>Tues</i>	<i><u>rest</u></i>	5km	rest	5km easy	
<i>Wed</i>	<i><u>8km with 3x1 min surges</u></i>	rest	8km with 4x1 min surges	rest	
<i>Thurs</i>	<i><u>rest</u></i>	rest	rest	rest	
<i>Fri</i>	<i><u>5km easy</u></i>	3km easy	5km easy	3km easy	
SAT	Race Day	Good Luck		weekly total	