

Marathon Program - 12 week first timer - 4 runs/wk

12 Week Training Plan



POWERED BY **FINAL SURGE**

Week #1

Plan Day #1

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #2

Run - Hills

Hills - 4x90sec

Planned: 12 km

After an easy warm-up for 5km, start 4x90sec hill efforts.

The hill should be of moderate grade (~5-8%) and allow you to maintain form throughout. Complete each effort at 10k race intensity (that is intensity, not pace).

At the end of each effort jog back down to the start. This should take a similar duration to the ascent.

At the completion of your last hill effort, do an easy cool down for 5km

Plan Day #3

Run - Medium Long Run

Medium Long Run - 13km

Planned: 13 km

Do a medium long run of 13km. Aim to do this over undulating terrain with a total of 150+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #4

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #5

Run - Tempo Run

Tempo - 2x3k

Planned: 12 km

After an easy warm-up for 3-4 kms, start your tempo.

Complete 2 x 3km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Plan Day #6

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #7

Run - Long Run

Long Run - 25km

Planned: 25 km

Do a long run of 25km. Aim to do this over undulating terrain with a total of 250+m of total ascent. Start out easy so the first few kilometres act as warm-up and gradually build the pace. It should never get too intense.

Week #2

Plan Day #8

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #9

Run - Hills

Hills - 4x2min

Planned: 13 km

After an easy warm-up for 5km, start 4x2min hill efforts.

The hill should be of moderate grade (~5-8%) and allow you to maintain form throughout. Complete each effort at 10k race intensity (that is intensity, not pace).

At the end of each effort jog back down to the start. This should take a similar duration to the ascent.

At the completion of your last hill effort, do an easy cool down for 5km

Plan Day #10

Run - Medium Long Run

Medium Long Run - 14km

Planned: 14 km

Do a medium long run of 16km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #11

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #12

Run - Tempo Run

Tempo - 2x4k

Planned: 14 km

After an easy warm-up for 3-4 kms, start your tempo.

Complete 2 x 4km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 3km jog to cool down.

Plan Day #13

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #14

Run - Long Run

Long Run - 28km

Planned: 28 km

Do a long run of 28km. Aim to do this over undulating terrain with a total of 280+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

It should never get too intense.

Week #3

Plan Day #15

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #16

Run - Hills

Hills - 5x2min

Planned: 14 km

After an easy warm-up for 5km, start 5x2min hill efforts.

The hill should be of moderate grade (~5-8%) and allow you to maintain form throughout. Complete each effort at 10k race intensity (that is intensity, not pace).

At the end of each effort jog back down to the start. This should take a similar duration to the ascent.

At the completion of your last hill effort, do an easy cool down for 5km

Plan Day #17

Run - Medium Long Run

Medium Long Run - 15km

Planned: 15 km

Do a medium long run of 15km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.
The run should never be too intense.

Plan Day #18

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #19

Run - Tempo Run

Tempo - 3x3k

Planned: 15 km

After an easy warm-up for 3 kms, start your tempo.

Complete 3 x 3km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Plan Day #20

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #21

Run - Long Run

Long Run - 30km

Planned: 30 km

Do a long run of 30km. Aim to do this over undulating terrain with a total of 280+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

It should never get too intense.

Week #4

Plan Day #22

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #23

Run - Recovery Run

Easy 12k

Planned: 12 km

Complete an easy 12k recovery run.

Aim for a flat course with as much as possible on dirt or grass.

Ensure the intensity is low by sustaining an easy pace throughout.

Plan Day #24

Run - Medium Long Run

Medium Long Run - 13km

Planned: 13 km

Do a medium long run of 13km. Aim to do this over undulating terrain with a total of 130+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #25

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #26

Run - Recovery Run

Easy 13k

Planned: 13 km

Complete an easy 13k recovery run.

Aim for a flat course with as much as possible on dirt or grass.

Ensure the intensity is low by sustaining an easy pace throughout.

Plan Day #27

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #28

Run - Long Run

Long Run - 28km

Planned: 28 km

Do a long run of 28km. Aim to do this over undulating terrain with a total of 250+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

It should never get too intense.

Week #5

Plan Day #29

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #30

Run - Hills

Strength - 2k tempo - 3x2min hills - 2k tempo

Planned: 13 km

After an easy warm-up for 4km, complete 2km tempo, immediately into 3x2min hill efforts, and then immediately into a final 2km tempo.

The tempo efforts should be at a consistent pace over flat or slightly undulating terrain.

The hill efforts should be on a moderate grade (~5-8%) and allow you to maintain form throughout. Complete each effort at 10k race intensity (that is intensity, not pace). At the end of each effort jog back down to the start. This should take a similar duration to the ascent.

At the completion of your last tempo effort, do an easy cool down for 2km

Plan Day #31

Run - Medium Long Run

Medium Long Run - 15km

Planned: 15 km

Do a medium long run of 15km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #32

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #33

Run - Tempo Run

Tempo - 2x6k

Planned: 16 km

After an easy warm-up for 3-4 kms, start your tempo.

Complete 2 x 6km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Plan Day #34

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #35

Run - Long Run

Long Run - 32km

Planned: 32 km

Do a long run of 32km. Aim to do this over undulating terrain with a total of 280+m of total ascent. Start out easy so the first few kilometres act as warm-up and gradually build the pace. It should never get too intense.

Week #6

Plan Day #36

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #37

Run - Fartlek

Fartlek - 5x2min

Planned: 13 km

After an easy 4km warm-up, complete 5x2min fartlek with a 1min float between each effort.

Each effort should be at ~5k race pace, and the recovery is a float at ~30sec slower per km.

Upon completion of the fartlek, do an easy cool down for 4k.

Plan Day #38

Run - Medium Long Run

Medium Long Run - 14km

Planned: 14 km

Do a medium long run of 14km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #39

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #40

Run - Recovery Run

Easy 13k

Planned: 13 km

Complete an easy 13k recovery run.

Aim for a flat course with as much as possible on dirt or grass.

Ensure the intensity is low by sustaining an easy pace throughout.

Plan Day #41

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #42

Run - Tempo Run

30k Long Run with 2x8k tempo

Planned: 30 km

Start out with ~12 kms of running at normal long run pace.

Then do 2 x 8km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Week #7

Plan Day #43

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #44

Run - Hills

Strength - 3k tempo - 4x2min hills - 3k tempo

Planned: 14 km

After an easy warm-up for 3km, complete 3km tempo, immediately into 4x2min hill efforts, and then immediately into a final 3km tempo.

The tempo efforts should be at a consistent pace over flat or slightly undulating terrain.

The hill efforts should be on a moderate grade (~5-8%) and allow you to maintain form throughout. Complete each effort at 10k race intensity (that is intensity, not pace). At the end of each effort jog back down to the start. This should take a similar duration to the ascent.

At the completion of your last tempo effort, do an easy cool down for 2km

Plan Day #45

Run - Medium Long Run

Medium Long Run - 16km

Planned: 16 km

Do a medium long run of 16km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #46

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #47

Run - Tempo Run

Tempo - 3x4k

Planned: 16 km

After an easy warm-up for 2 kms, start your tempo.

Complete 3 x 4km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Plan Day #48

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #49

Run - Long Run

Long Run - 34km

Planned: 34 km

Do a long run of 34km. Aim to do this over undulating terrain with a total of 300+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

It should never get too intense.

Week #8

Plan Day #50

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #51

Run - Recovery Run

Easy 13k

Planned: 13 km

Complete an easy 13k recovery run.

Aim for a flat course with as much as possible on dirt or grass.

Ensure the intensity is low by sustaining an easy pace throughout.

Plan Day #52

Run - Medium Long Run

Medium Long Run - 15km

Planned: 15 km

Do a medium long run of 15km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #53

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #54

Run - Recovery Run

Easy 15k

Planned: 15 km

Complete an easy 15k recovery run.

Aim for a flat course with as much as possible on dirt or grass.

Ensure the intensity is low by sustaining an easy pace throughout.

Plan Day #55

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #56

Run - Tempo Run

30k Long Run with 3x5k tempo

Planned: 30 km

Start out with ~12 kms of running at normal long run pace.

Then do 3 x 5km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Week #9

Plan Day #57

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #58

Run - Recovery Run

Easy 12k

Planned: 12 km

Complete an easy 12k recovery run.

Aim for a flat course with as much as possible on dirt or grass.

Ensure the intensity is low by sustaining an easy pace throughout.

Plan Day #59

Run - VO2 Intervals

VO2 - 4x1k

Planned: 13 km

After an easy 4km warm-up, complete 4x1km efforts with a 90sec jog recovery each effort.

Each effort should be at ~5k race pace. These can be done on a track or are equally well achieved on a flat, uninterrupted course during your GPS to measure the approximate distance.

Upon completion of the last effort, do an easy cool down for 4k.

Plan Day #60

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #61

Run - Tempo Run

Tempo - 3x3k

Planned: 14 km

After an easy warm-up for 3 kms, start your tempo.

Complete 3 x 3km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Plan Day #62

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #63

Run - Long Run

Long Run - 36km

Planned: 36 km

Do a long run of 36km. Aim to do this over undulating terrain with a total of 300+m of total ascent. Start out easy so the first few kilometres act as warm-up and gradually build the pace. It should never get too intense.

Week #10

Plan Day #64

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #65

Run - Fartlek

Fartlek - 5x2min

Planned: 13 km

After an easy 4km warm-up, complete 5x2min fartlek with a 1min float between each effort.

Each effort should be at ~5k race pace, and the recovery is a float at ~30sec slower per km.

Upon completion of the fartlek, do an easy cool down for 4k.

Plan Day #66

Run - Medium Long Run

Medium Long Run - 16km

Planned: 16 km

Do a medium long run of 16km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #67

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #68

Run - Tempo Run

Tempo - 2x5k

Planned: 15 km

After an easy warm-up for 3-4 kms, start your tempo.

Complete 2 x 5km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Plan Day #69

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #70

Run - Long Run

Long Run - 30km

Planned: 30 km

Do a long run of 30km. Aim to do this over undulating terrain with a total of 280+m of total ascent. Start out easy so the first few kilometres act as warm-up and gradually build the pace. It should never get too intense.

Week #11

Plan Day #71

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #72

Run - Fartlek

Fartlek - 12x1min

Planned: 13 km

After an easy 4km warm-up, complete 12x1min fartlek with a 30sec float between each effort.

Each effort should be at ~5k race pace, and the recovery is a float at ~30sec slower per km.

Upon completion of the fartlek, do an easy cool down for 4k.

Plan Day #73

Run - Medium Long Run

Medium Long Run - 15km

Planned: 15 km

Do a medium long run of 15km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Plan Day #74

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #75

Run - Tempo Run

Tempo - 2x3k

Planned: 12 km

After an easy warm-up for 3-4 kms, start your tempo.

Complete 2 x 3km tempo efforts with an easy ~500m jog recovery between each. Aim to sustain a consistent pace throughout the effort and conduct the session over flat or lightly rolling terrain.

Finish up with an easy 2km jog to cool down.

Plan Day #76

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #77

Run - Medium Long Run

Medium Long Run - 18km

Planned: 18 km

Do a medium long run of 18km. Aim to do this over undulating terrain with a total of 160+m of total ascent.

Start out easy so the first few kilometres act as warm-up and gradually build the pace.

The run should never be too intense.

Week #12

Plan Day #78

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #79

Run - Recovery Run

Easy 10k

Planned: 10 km

Complete an easy 10k recovery run.

Aim for a flat course with as much as possible on dirt or grass.

Ensure the intensity is low by sustaining an easy pace throughout.

Plan Day #80

Run - Tempo Run

Tempo - 2k

Planned: 10 km

After an easy warm-up for 5 kms, start your tempo.

Complete one 2km tempo effort. Aim to sustain goal marathon pace on a flat course. Stay relaxed and in control throughout.

Finish up with an easy 3km jog to cool down.

Plan Day #81

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #82

Run - Recovery Run

Easy 6k

Planned: 6 km

Complete an easy 6k recovery run.

Aim for a flat course with as much as possible on dirt or grass.

Ensure the intensity is low by sustaining an easy pace throughout.

Plan Day #83

Rest Day

Day Off

Go for an easy walk if you want to move around

Plan Day #84

Run - Race

Marathon

Planned: 42.2 km