

FULL MARATHON - PROGRAM OUTLINE

WEEK	DATE	MONDAY Rest or Light Active Recovery	TUESDAY Recovery Run	WEDNESDAY Workouts	THURSDAY Recovery Run	FRIDAY Rest Day	SATURDAY/ SUNDAY Recovery Run / Long Run	EVENTS
1 BUILD #1	1-Jul	Rest or Light Active Recovery	3-5K	Intervals: 2k Warm Up (WU) followed by 600m hard, 400m easy, repeat 4x, 2k Cool Down (CD)	3-5K	Rest	3-5K / 18-22K	July 3 Kardia Kick-Off Run
2	8-Jul	Rest or Light Active Recovery	3-5K	Intervals: 2k Warm Up (WU) followed by 600m hard, 400m easy, repeat 5x, 2k Cool Down (CD)	3-5K	Rest	3-5K / 20-24K	
3	15-Jul	Rest	3-5K	Easy 6k	3-5K	Rest	3-5K / 18-20K	July 20 CRS Long Run 1
4 Build #2	22-Jul	Rest or Light Active Recovery	4-6K	Intervals: 2k WU + 1k moderately hard, 500k easy, repeat 3x, 2k CD	4-6K	Rest	4-6K / 22-26K	
5	29-Jul	Rest or Light Active Recovery	4-6K	Intervals: 2k WU + 1k moderately hard, 500k easy, repeat 4x, 2k CD	4-6K	Rest	4-6K / 24-28K	
6	5-Aug	Rest	4-6K	Easy 6k	4-6K	Rest	4-6K / 20-24K	
7 Build #3	12-Aug	Rest or Light Active Recovery	6-8K	Intervals: 2k WU + 400m hard, 600m easy, repeat 5x, 2k CD	6-8K	Rest	6-8K / 26-30K	Aug 17 CRS Long Run 2
8	19-Aug	Rest or Light Active Recovery	6-8K	Intervals: 2k WU + 400m hard, 600m easy, repeat 6x, 2k CD	6-8K	Rest	6-8K / 28-32K	
9	26-Aug	Rest	4-6K	Easy 6k	4-6K	Rest	4-6K / 22-26K	
10 Intensity Weeks	2-Sep	Rest or Light Active Recovery	8-10K	Hill Intervals: hard uphill 1 minute, easy down, repeat 7x	8-10K	Rest	8-10K / 28-32K	
11	9-Sep	Rest or Light Active Recovery	8-10K	Hill Intervals: hard uphill 1 minute, easy down, repeat 8x	8-10K	Rest	8-10K / 30-34K	
12	16-Sep	Rest	6-8K	Easy 6k	6-8K	Rest	6-8K / 24-28K	Sept 21 CRS Long Run 3
13 Peak Weeks	23-Sep	Rest or Light Active Recovery	8-10K	Intervals: 2k WU + 400m hard, 600m easy, repeat 5x, 2k CD	8-10K	Rest	8-10K / 28-32K	
14	30-Sep	Rest or Light Active Recovery	8-10K	Intervals: 2k WU + 400m hard, 600m easy, repeat 6x, 2k CD	8-10K	Rest	8-10K / 32-36K	
15 Taper weeks	7-Oct	Rest	4-6K	Easy 12k	4-6K	Rest	4-6K / 12-16K	Taper Week
16	14-Oct	Rest	4-6K	Easy 10k	4-6K	Rest	Shakeout / RACE DAY	RACE WEEK!