



2023 PREPD ADELAIDE MARATHON FESTIVAL L1 MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Recovery	29 th May	Rest Day	Cross Training	Rest Day	5km Run - Easy Recovery	Strength Training	5km Run - Easy Recovery	12km Run-Long Run
2	5 th Jun	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	21km Run-Long Run
3	12 th Jun	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	8km Run - Tempo	23km Run-Long Run
4 Recovery	19 th Jun	Cross Training	6km Run – Easy Recovery	Cross Training	Strength Training	Rest Day	5km Run - Easy Recovery	15km Run-Long Run
5	26 th Jun	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	8km Run - Tempo	25km Run-Long Run
6	3 rd Jul	Cross Training	8km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	27km Run-Long Run
7 Taper	10 th Jul	Strength Training	7km Run - Intervals	Cross Training	Strength Training	Rest Day	5km Run - Tempo	15km Run-Long Run
8 Race	17 th Jul	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	30km Run-SARRC Hills to Henley
9	24 th Jul	Cross Training	9km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	≤32km Run (3 Hrs Max) - Long Run
10	31 st Jul	Cross Training	10km Run - Intervals	Rest Day	Strength Training	Rest Day	8km Run - Tempo	≤32km Run (3 Hrs Max) - Long Run
11 Taper	7 th Aug	Cross Training	8km Run – Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	21km Run-Long Run
12 Taper	14 th Aug	Cross Training	7km Run – Intervals	Rest Day	Strength Training	Rest Day	5km Run - Tempo	15km Run-Long Run
13 Race	21 st Aug	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	42.2km Run-SARRC Adelaide Marathon

