



**2023 PREPD ADELAIDE MARATHON FESTIVAL L3 MARATHON TRAINING PROGRAM**

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

