



2024 PREPD ADELAIDE MARATHON FESTIVAL L3 MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Recovery	27 th May	Cross Training	5km Run – Easy Recovery	Rest Day	6km Run - Easy Recovery	Strength Training	5km Run - Easy Recovery	12km Run-Long Run
2	3 rd Jun	Strength Training	7km Run - Intervals	7km Run – Absorption Run	8km Run - Tempo	Rest Day	7km Run - Tempo	21km Run-Long Run
3	10 th Jun	Strength Training	8km Run - Intervals	7km Run – Absorption Run	8km Run – Hill Repeats	Rest Day	8km Run - Tempo	23km Run-Long Run
4 Recovery	17 th Jun	Strength Training	7km Run – Easy Recovery	Cross Training	7km Run - Easy Recovery	Rest Day	7km Run - Easy Recovery	15km Run-Long Run
5	24 th Jun	Strength Training	9km Run - Intervals	7km Run – Absorption Run	9km Run - Hill Repeats	Rest Day	9km Run - Tempo	25km Run-Long Run
6	1 st Jul	Strength Training	10km Run - Intervals	7km Run – Absorption Run	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	27km Run-Long Run
7	8 th Jul	Strength Training	12km Run - Intervals	7km Run – Absorption Run	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	30km Run (3 Hrs Max) - Long Run
8 Taper	15 th Jul	Strength Training	7km Run - Intervals	Cross Training	7km Run – Tempo	Rest Day	5km Run - Tempo	15km Run-Long Run
9 Race	22 nd Jul	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	30km Run-SARRC Hills to Henley
10	29 th 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
11 Taper	5 th Aug	Strength Training	8km Run – Intervals	6km Run – Absorption Run	7km Run - Hill Repeats	Rest Day	7km Run - Tempo	21km Run-Long Run
12 Taper	12 th Aug	Strength Training	7km Run – Intervals	Cross Training	7km Run - Tempo	Rest Day	5km Run - Tempo	15km Run-Long Run
13 Race	19 ^t Aug	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	42.2km Run-SARRC Adelaide Marathon

