

# 2018 Adelaide Marathon Festival Training plan instructions & notes

Updated by Kent Dredge - SARRC Club Coach. Copyright SARRC



## General Information

We hope you enjoy using the 2018 interactive training plans to create your own more personalised plan based on YOUR fitness level, training experience, lifestyle & goals.

We have created the attached programs to help you develop your endurance to progress from your current running level to complete either the 2018 Adelaide Marathon Festival 10km, Half or Full Marathon. Please choose the most appropriate program and feel free to adjust to suit your lifestyle.

There are 3 half marathon & 3 full marathon programs available, so please choose the most appropriate program from the following recommendations and feel free to adjust to suit your own lifestyle:

**Half Marathon Level 1:** Able to run 5km & committed to undertake minimum 3 runs per week

**Half Marathon Level 2:** Current longest run of at least 10km & committed to undertake minimum 4 runs per week

**Half Marathon Level 3:** Current longest run of at least 10km & committed to undertake minimum 5 runs per week

**Marathon Level 1:** Current longest run of approx 10-12km & committed to undertake minimum 3 runs per week

**Marathon Level 2:** Current longest run of approx 10-12km & committed to undertake minimum 4 runs per week

**Marathon Level 3:** Current longest run of approx 15km & committed to undertake minimum 5 runs per week

The plan should be used as a guide only, so feel free to switch days around to suit your own lifestyle, or substitute additional runs (e.g. *Fartlek/Speed Intervals*) on the cross training days or **less experienced/busy runners may decide to undertake a level 2 or 3 program & reduce the weekly running commitment.** Also feel free to substitute the type of run allocated in the program, e.g. a *hill repeat* session for a *Fartlek/Speed Intervals* sessions. However, it is important to maintain at least 1 rest day or non running day per week, refer to *workout descriptions* below for further information on the running sessions.

We also encourage you to join in with one of the many SARRC running groups (as detailed on the website), where you will find a supporting and social environment to keep you motivated towards your end goal. In particular the Sunday morning Marathon Mentor Group (7.30am start at our clubrooms on MacKinnon Parade, North Adelaide) will organise varied distance runs in line with these programs & there is also a number from this group who also undertake a Tuesday morning speed/hill repeat session leaving from the same location or the Tuesday evening speed group leaving from the start of the Uni loop in North Adelaide.

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All programs also incorporate two strategies to assist with race day performance. The first being back-to-back runs scheduled for some weeks, which aims to improve your endurance by training your body to run in a fatigued state after a faster run the day before and therefore reduce the fatigue factor on race day. The second is a very short 15 minutes run with a few interval spurts the day before race day to 'wake' the body up and be prepared to race, as some people who have a complete rest day the day before comment on how lethargic they feel on race day. Once again, if you find these don't work for you when you participate in the events earlier in the program, feel free to change to suit your needs.

Before you start any plan you should always have your own GOAL in mind, so don't be concerned if others are running longer runs or more weekly kilometres than you, just remain focussed to the process.

My philosophy as a coach is that every training session should have a purpose, so it is important to focus on QUALITY, rather than the quantity. It's nice to turn to your friends and say you did "x" kilometres for the week, but you need to also ask yourself how many of those kilometres were a waste of time and didn't really contribute towards your overall GOAL. If occasionally you run an extra kilometre or 2 because you felt good (except maybe during the *taper* period) or run one less because you didn't it will not affect your overall achievement of the GOAL, always be mindful of injury RISK versus the REWARD.

The 20 week program has been designed to increase the training loads gradually from week 1 with a reduction in volume every 3-4 weeks to reduce the risk of injury. Therefore, please contact [SARRC Club Coach](#) for advice on program changes required based on your personal background, if you wish to commence this program closer to the event.

## How to customise your program

- The workbook contains 2 spreadsheets.
- Start by clicking on the spreadsheet marked *Input Sheet*
- All input cells are marked in yellow
- Enter your own personal min/km pace calculations in the top box titled *Pace Calculator*, don't forget to put the mins and seconds in the separate boxes
  - If you are not sure you can estimate from a recent (or the first in this program) training session or recent event or just leave it as it is & change it as you progress.
  - If you are not sure how to convert your time to a min/km pace, a pace calculator can be [found here](#)...and there are also numerous others online and phone apps.
- If you would like to keep track of how long it took & how far you went each day you can update this information in the *Daily Performance* table, as follows:
  - To input the time it took you, look for the row *actual time* and then update the time in the column which corresponds to the relevant day. *Note: Input actual time in format h:m:ss e.g. 30 mins & 10 secs = 0:30:10*
  - To input the distance you completed, look for the row *actual distance* and then update the distance in the column which corresponds to the relevant day
- This data should all flow through to your main spreadsheet and provide you with a record of your daily and weekly totals for the 15 week period

Keeping a track of your performance will help keep you motivated to achieve your GOAL!

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### Workout descriptions

Easy Run	Run at a comfortable pace that allows you to maintain a conversation with someone else.
Hill Repeats	<p>Find a hill around 400m steep enough to be challenging, e.g. Montefiore hill/Brougham Place, that you can still maintain good running form to the top (say 5-7% incline). After a warm up period of around 10-15mins/2-3kms maintain a constant pace up the hill &amp; recover back down &amp; repeat. Start with 2-3 reps and aim to increase the reps to a total of 8-10 in subsequent attempts. Cool down for 10mins/2km</p> <p>An alternative may be to complete shorter/harder sprints of say starting with say 6 x 20 secs, with 1min 40 rest or 30 secs with 2-3min rest, progressing to 6 x 60secs with 3min rest to 6 x 90secs with 4-5min rest</p>
Long Run	Pace around 1 min/km slower than race day pace
Half Marathon Race Pace	The pace you aim to run on race day
Tempo Run	<p>A run at close to your 10km pace for half marathon'ers &amp; marathon'ers A run at close to your 5km pace for 10km'ers</p> <p>Some run strategies you can incorporate to improve your tempo runs are (following a 1-2km warm up):</p> <ul style="list-style-type: none"> <li>• After warm up drop your pace by 10-15 secs every km aiming to finish the last few kms at faster than 10km pace.</li> <li>• 4-8 x 800m @ 10km pace with 200m jog recovery in-between (start with 4 repeats &amp; increase the number of repeats later in program)</li> </ul> <p>Make sure you include a 1-2km cool down at the end of your session</p>
Speed Intervals	<p>On intervals aim for less than 5km pace or quicker than your marathon pace for those running longer. Some examples:</p> <p><b>4 x 1km</b> - (or similar) The time you run for the 1km depends on your experience. The aim is to run all 4 at an even pace. So 4 x 5:30 for each KM with a 3 mins slow jog/shuffle between is better then splits of 4:55, 5:23, 6:01, 5:40. But if you did that, then next time try and run them all around 5:30? The more you do this session, the better you will get at it, and hopefully faster over the 1km with about the same effort over weeks. If you feel like you can't get any faster over the 1km, reduce the recovery time which makes the session harder too.</p> <p><b>8 x 90 secs / 90 secs jog</b> - (or similar) So how hard to go in the 90 secs? These sessions simple aim to force you to quicken your leg tempo / turn-over. This pace should be faster than your 1km rep speed, but only just. Shorten your stride, lift your knees higher and use your forefoot more rather than heel striking. The technique is as important as the speed, and you'll probably go quicker as the session progresses and you stretch out and warm up properly.</p> <p><b>200m hard/200m easy/400m Hard/400m easy/800m Hard/800m easy/1km hard/1km easy/800m Hard/800m easy/400m Hard/400m easy/200m hard/200m easy</b></p>
Strides	20-30 sec sprints at 80%+ of your fastest pace. Focus on your running form. Allow for approx 2min recovery after each.
Strength & Conditioning (S&C)	Gym session, refer to SARRC website for ideas

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Cross Training (XT)	Non running day try swimming, cycling or walking
Rest & Recovery	Non running day have a massage, attend a yoga or Pilates class or dedicated stretching time
Fartlek	Swedish word for <i>speed play</i> involves placing periodic surges into the run. After a warm up period of 5-10mins/1-2kms accelerate your pace for a period of time (1-3 mins) or distance (100m-800m), then slow back down to an easy steady pace & repeat when fully recovered. Unlike <i>Speed Intervals</i> (or <i>Mona Fartlek</i> ) there are no preconceived hard/easy sets, so you can have some fun and make it up as you go along. Try forgetting about the watch & sprint to the next stobie pole or next road, etc. Don't forget to finish with a cool down period similar to your warm up period.
Mona Fartlek	Australian word for Steve Moneghetti's Fartlek session, consisting of fixed times for your hard running and recovery running as follows; 2 x 90 secs hard/easy; 4 x 60 secs, 4 x 30 secs, 4 x 15 secs. Total time = 20.00mins. (Don't forget to warm up for 5 mins first & cool down for 5 mins after)

### General advice:

- There is only one you. How you feel while running, your pace, your recovery is all unique to you. So listen to what your body is telling you, not to anyone else.
- If you feel a sharp pain while running, stop and walk, stand still or sit down. Give yourself a check-up. Stretch it out, walk it off or call it a day. Don't run through injury or sickness. Running is hard enough when healthy, and long breaks due to serious injury or illness are usually preventable.
- Get into a routine if possible, as the body loves regularity when it comes to exercise.
- Never get down about not feeling like you aren't getting fitter or it's not getting easier, be patient and stick to the plan, because before you know it you will be reaching that finish line!
- Slow down your running pace if you have trouble breathing. Start off slow, finish strong. Smell the roses.
- Avoid sports drinks and consuming too many gels and bars. Eat a well balanced diet of fresh veggies and fruits and drink at least 2 litres of water a day when marathon training during summer.
- Drink water every 15- 20 mins during your long runs in summer too if possible.
- Practice your race day nutrition prior to race day to ensure your body can handle it.

Any further questions please email [coaching@sarrc.asn.au](mailto:coaching@sarrc.asn.au)