

## 2025 ADELAIDE MARATHON FESTIVAL L1 MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	16 <sup>th</sup> Dec	Cross Training	5km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	13km Run- Long Run
2	23 <sup>rd</sup> Dec	Cross Training	6km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	14km Run- Long Run
3	30 <sup>th</sup> Dec	Cross Training	6km Run - Intervals	Rest Day	Strength Training	Rest Day	6km Run - Tempo	15km Run- Long Run
4 Recovery	6 <sup>th</sup> Jan	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	10km Run- Long Run
5	13 <sup>th</sup> Jan	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	6km Run - Tempo	16km Run- Long Run
6	20 <sup>th</sup> Jan	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	18km Run- Long Run
7	27 <sup>th</sup> Jan	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	20km Run- Long Run
8 Race	3 <sup>rd</sup> Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run- SARRC Semaphore Classic
9	10 <sup>th</sup> Feb	Cross Training	7km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	22km Run- Long Run
10	17 <sup>th</sup> Feb	Cross Training	8km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	24km Run- Long Run
11	24 <sup>th</sup> Feb	Cross Training	8km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	27km Run- Long Run
12 Recovery	3 <sup>rd</sup> March	Cross Training	5km Run - Tempo	Rest Day	Strength Training	Rest Day	5km Run - Tempo	19km Run- Long Run
13	10 <sup>th</sup> March	Cross Training	8km Run - Hill Repeats	Rest Day	Strength Training	5km Run- SARRC Park Stampede	Rest Day	≤30km Run (3 Hrs Max) - Long Run
14	17 <sup>th</sup> March	Cross Training	9km Run - Intervals	Rest Day	Strength Training	Rest Day	9km Run - Tempo	≤30km Run (3 Hrs Max) - Long Run
15 Taper	24 <sup>th</sup> March	Cross Training	9km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	10km Run - Tempo	≤32km Run (3 Hrs Max) - Long Run
16 Race	31 <sup>st</sup> March	Strength Training (Optional)	5km Run – Tempo	Rest Day	Cross Training	Rest Day	3km Run – Fartlek	21km Run- SARRC Clare Half Marathon
17	7 <sup>th</sup> April	Cross Training	10km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	10km Run - Tempo	≤32km Run (3 Hrs Max) - Long Run
18 Taper	14 <sup>th</sup> April	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	21km Run- Long Run
19 Taper	21 <sup>st</sup> April	Cross Training	7km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	15km Run- Long Run
20 Race	28 <sup>th</sup> April	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	42.2km Run- SARRC Adelaide Marathon

