

2025 ADELAIDE MARATHON FESTIVAL L2 MARATHON TRAINING PROGRAM

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

