

## 2025 ADELAIDE MARATHON FESTIVAL L3 MARATHON TRAINING PROGRAM

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

