



Week One commencing Monday, 27 August

ROTTNEST MARATHON

These programs have been written by Sarah Jamieson and Tina Ingraham from the Perth Running Club.

Sarah is a three time Olympian, Silver medallist at the Commonwealth Games in the 1500m and current Australian record holder the 1500m. Tina is four time winner of the Perth Marathon and multiple winner of the Perth Half Marathon. They have over 20 years of coaching experience between across a wide range of distances and abilities.

These programs have been designed for the intermediate runner who has previously completed the distance and/or runs 4-5 times per week.

The runner has an average to above average fitness level.

Please consult medical advice before commencing any fitness program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total km
Week 1	Recovery 8km	3km warm up, 12 x 1min hard (1min walk rec) 3km cool down	Midweek long steady 15km *Hilly route if possible	Hills 3km warm up 5 x 2min hilly incline, jog down recovery, 3km cool down	Rest day or Cross train	3km easy, 1 x 20mins @ tempo (tempo pace is 10km race pace +10sec per/km) 3km easy	Long Run25km	Approx. 75km
Week 2	Recovery 8km	3km warm up, 8 x 90sec (1min walk rec) 3km cool down	Midweek long steady 15km *Hilly route if possible	Hills 3km warm up 4 x 2min reps + 4 x 1min Reps 3km cool down	Rest day or cross train	3km easy, 2 x 15mins @ tempo (3mins rec) 3km easy	Long Run26km	Approx 83km
Week 3	Recovery 8km	3km warm up, 7 x 2min (1min walk rec) 3km cool down	Midweek long steady 16km *flat route	Hills 3km warm up 4 x 3mins 3km cool down	Rest day or cross train	3km easy, 2 x 18mins (3mins rec), 3km easy	Long Run 28km	Approx 83km
Week 4	Recovery 8km	3km warm up, 15 x 1min hard (1min walk rec) 3km cool down	Midweek long steady 16km *Hilly route if possible	Hills 3km warm up 6 x 2mins 3km cool down	Rest day or cross train	3km easy, 25mins @ tempo, 3km easy	Long Run 30km	Approx 84km
Week 5	Recovery 8km	3km warm up, 12 x 90sec(1min walk rec) 3km cool down	Midweek long steady 17km *Hilly route if possible	Hills 3km warm up 5 x 3mins 3km cool down	Rest day of cross train	3km easy, 2 x 20mins (3mins rec) @ tempo, 3km easy	Long Run 32km	Approx' 90km
Week 6	Recovery 8km	3km warm up, 10 x 2min hard (1min walk rec) 3km cool down	Midweek long steady 16km *Flat route	Hills 3km warm up 5 x 2mins 3km cool down	Rest day or cross train	3km easy, 30mins @ tempo, 3km easy	Long Run 25km	Approx 79km
Week 7	TAPER BEGINS Recovery 50mins (easy pace)	2km warm up, 15 x 1min (1min walk rec) 2km cool down	Midweek long steady 12km *flat route	Hills 15mins warm up, 8 x 1min 15mins cool down	Rest day of cross train	3km easy, 2 x 15mins @ tempo (3mins rec), 3km easy	Long Run 15km	Approx 65km
Week 8	50mins (easy pace)	Rest	40mins (easy pace with 4 x 50m run throughs during the run)	15mins easy pace, 2 x 1km @ goal race pace (2mins rec), 15mins cool down	Rest	20mins light jog	Race	Approx 72km (including race)