

2022 BAROSSA L1 MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 th Jan	Cross Training	5km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	13km Run-Long Run
2	17 th Jan	Cross Training	6km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	14km Run-Long Run
3 <i>Recovery</i>	24 th Jan	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	10km Run-Long Run
4	31 st Jan	Cross Training	6km Run - Intervals	Rest Day	Strength Training	Rest Day	6km Run - Tempo	15km Run-Long Run
5 <i>Race</i>	7 th Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Dolphin Run
6	14 th Feb	Cross Training	7km Run - Easy	Rest Day	Strength Training	Rest Day	6km Run - Tempo	16km Run-Long Run
7	21 st Feb	Cross Training	7km Run - Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	18km Run-Long Run
8 <i>Race</i>	28 th Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	5km Run-SARRC Park Stampede
9	7 th March	Cross Training	7km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	7km Run - Tempo	20km Run-Long Run
10	14 th March	Cross Training	8km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	7km Run - Tempo	22km Run-Long Run
11 <i>Taper</i>	21 st March	Cross Training	8km Run – Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	12km Run-Long Run
12 <i>Race</i>	28 th March	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21km Run-SARRC Clare Half Marathon
13	4 th April	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	8km Run - Tempo	24km Run-Long Run
14	11 th April	Cross Training	8km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	27km Run-Long Run
15 <i>Recovery</i>	18 th April	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	19km Run-Long Run
16	25 th April	Cross Training	9km Run - Intervals	Rest Day	Strength Training	Rest Day	8km Run - Tempo	30km Run (or less, no more than 3 Hrs)-Long Run
17	2 nd May	Cross Training	9km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	32km Run (or less, no more than 3 Hrs)-Long Run
18 <i>Taper</i>	9 th May	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	21km Run-Long Run
19 <i>Taper</i>	16 th May	Cross Training	7km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	15km Run-Long Run
20 <i>Race</i>	23 rd May	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	42.2km Run-SARRC Barossa Marathon