

## 2022 BAROSSA L3 MARATHON TRAINING PROGRAM

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