

2023 BAROSSA L1 MARATHON TRAINING PROGRAM								
Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	9 th Jan	Cross Training	5km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	13km Run- Long Run
2	16 th Jan	Cross Training	6km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	14km Run- Long Run
3 Recovery	23 rd Jan	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	10km Run- Long Run
4	30 th Jan	Cross Training	6km Run - Intervals	Rest Day	Strength Training	Rest Day	6km Run - Tempo	15km Run- Long Run
5 Race	6 th Feb	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run- SARRC Dolphin Run
6	13 th Feb	Cross	7km Run -	Rest Day	Strength	Rest Day	6km Run -	16km Run- Long
7	20 th Feb	Training Cross	Easy 7km Run -	Rest Day	Training Strength	Rest Day	Tempo 7km Run -	Run 18km Run- Long
,	20 160	Training	Intervals	Nest Day	Training	Nest Day	Tempo	Run
8	27 th Feb	Strength	5km Run -	Rest Day	Cross	Rest Day	3km Run -	5km Run- SARRC
Race		Training (Optional)	Tempo		Training		Fartlek	Park Stampede
9	6 th March	Cross Training	7km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	7km Run - Tempo	20km Run- Long Run
10	13 th	Cross	8km Run -	Rest Day	Strength	Rest Day	7km Run -	22km Run- Long
	March	Training	Hill Repeats		Training		Tempo	Run
11 Taper	20 th March	Cross	7km Run – Intervals	Rest Day	Strength	Rest Day	7km Run -	12km Run- Long Run
12	27 th	Training Strength	5km Run -	Rest Day	Training Cross	Rest Day	Tempo 3km Run -	21km Run- SARRC
Race	March	Training (Optional)	Tempo	nest buy	Training	nest buy	Fartlek	Clare Half Marathon
13	3 rd April	Cross Training	5km Run - Easy	Rest Day	Strength Training	Rest Day	8km Run - Tempo	24km Run- Long Run
14	10 th April	Cross Training	8km Run – Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	27km Run- Long Run
15 Recovery	17 th April	Cross Training	6km Run - Easy	Rest Day	Strength Training	Rest Day	5km Run - Easy	19km Run- Long Run
16	24 th April	Cross Training	9km Run - Intervals	Rest Day	Strength Training	Rest Day	8km Run - Tempo	≤30km Run (3 Hrs Max) - Long Run
17	1 st May	Cross Training	9km Run - Hill Repeats	Rest Day	Strength Training	Rest Day	8km Run - Tempo	≤32km Run (3 Hrs Max) - Long Run
18	8 th May	Cross Training	8km Run - Intervals	Rest Day	Strength Training	Rest Day	7km Run - Tempo	21km Run- Long Run
19 Taper	15 th May Taper	Cross Training	7km Run - Fartlek	Rest Day	Strength Training	Rest Day	5km Run - Tempo	15km Run- Long Run
20 Race	22 nd May	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	42.2km Run- SARRC Barossa Marathon