



## 2023 BAROSSA L3 MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	9 <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	16 <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>	23 <sup>rd</sup> Jan	Strength Training	5km Run - Easy	Cross Training	6km Run - Easy	Rest Day	5km Run - Easy	10km Run- Long Run
4	30 <sup>th</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>	6 <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	13 <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	20 <sup>th</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>	27 <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	6 <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	13 <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>	20 <sup>th</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>	27 <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 <i>Recovery</i>	3 <sup>rd</sup> April	Strength Training	5km Run - Easy	Cross Training	7km Run - Easy	Rest Day	9km Run - Tempo	24km Run- Long Run
14	10 <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	17 <sup>th</sup> April	Strength Training	6km Run - Easy	Cross Training	7km Run - Easy	Rest Day	5km Run - Easy	19km Run- Long Run
16 <i>Recovery</i>	24 <sup>th</sup> April	Strength Training	10km Run - Intervals	7km Run – Absorption	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	≤30km Run (3 Hrs Max) - Long Run
17	1 <sup>st</sup> May	Strength Training	10km Run - Intervals	7km Run – Absorption	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	≤32km Run (3 Hrs Max) - Long Run
18	8 <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>	15 <sup>th</sup> May Taper	Strength Training	7km Run - Fartlek	Cross Training	7km Run - Tempo	Rest Day	5km Run - Tempo	15km Run- Long Run
20 <i>Race</i>	22 <sup>nd</sup> May	Strength Training (Optional)	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	42.2km Run- SARRC Barossa Marathon

