

2021 BAROSSA L3 MARATHON TRAINING PROGRAM

Week No.	Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	11 th Jan	Strength Training	7km Run - Fartlek	6km Run – Absorption	6km Run - Tempo	Rest Day	5km Run - Tempo	13km Run-Long Run
2	18 th Jan	Strength Training	7km Run - Fartlek	7km Run – Absorption	7km Run - Tempo	Rest Day	5km Run - Tempo	14km Run-Long Run
3	25 th Jan	Strength Training	5km Run - Easy	Cross Training	6km Run - Easy	Rest Day	5km Run - Easy	10km Run-Long Run
4	1 st Feb	Strength Training	7km Run - Intervals	7km Run – Absorption	8km Run - Tempo	Rest Day	7km Run - Tempo	15km Run-Long Run
5	8 th Feb	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Dolphin Run
6	15 th Feb	Strength Training	7km Run - Easy	7km Run – Absorption	8km Run – Hill Repeats	Rest Day	8km Run - Tempo	16km Run-Long Run
7	22 nd Feb	Strength Training	8km Run - Intervals	7km Run – Absorption	9km Run – Hill Repeats	Rest Day	8km Run - Tempo	18km Run-Long Run
8	1 st March	Strength Training	9km Run – Intervals	7km Run – Absorption	9km Run – Hill Repeats	Rest Day	9km Run - Tempo	20km Run-Long Run
9	8 th March	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	10km Run-SARRC Park Stampede
10	15 th March	Strength Training	9km Run - Intervals	8km Run – Absorption	9km Run – Hill Repeats	Rest Day	10km Run - Tempo	22km Run-Long Run
11	22 nd March	Strength Training	9km Run – Intervals	8km Run – Absorption	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	24km Run-Long Run
12	29 th March	Strength Training	10km Run – Intervals	8km Run – Absorption	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	27km Run-Long Run
13	5 th April	Strength Training	7km Run - Intervals	Cross Training	7km Run – Hill Repeats	Rest Day	7km Run - Tempo	12km Run-Long Run
14	12 th April	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	21.1km Run-SARRC Clare Half Marathon
15	19 th April	Strength Training	7km Run - Easy	Cross Training	7km Run – Easy	Rest Day	7km Run - Easy	12km Run-Long Run
16	26 th April	Strength Training	10km Run – Intervals	8km Run – Absorption	10km Run – Hill Repeats	Rest Day	10km Run - Tempo	30km Run (or around 3-3.15hrs)- Long Run
17	3 rd May	Strength Training	10km Run - Intervals	8km Run – Absorption	10km Run – Hill Repeats	Rest Day	12km Run - Tempo	32km Run (or around 3-3.15hrs)- Long Run
18	10 th May	Strength Training	9km Run - Intervals	7km Run – Absorption	7km Run – Hill Repeats	Rest Day	8km Run - Tempo	21km Run-Long Run
19	17 th May	Strength Training	7km Run - Fartlek	Cross Training	7km Run – Hill Repeats	Rest Day	5km Run - Tempo	15km Run-Long Run
20	24 th May	Strength Training	5km Run - Tempo	Rest Day	Cross Training	Rest Day	3km Run - Fartlek	42.2km Run-SARRC Barossa Marathon