

**Full Marathon (Mile) – Race date: 20<sup>th</sup> April**

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	45 min cross	4 mi run	9 mi run	4 mi run	Rest	Rest	<b>Half Marathon pace</b>
2	45 min Cross	4 mi run	9 mi run	6 X hill repeats	Rest	9 mi run	<b>19 mi run</b>
3	60 min Cross	5 mi run	10 mi run	7 X 800 meter repeats	Rest	10 mi run	<b>20 mi run</b>
4	60 min Cross	5 mi run	10 mi run	8 X 800 meter repeats	Rest	10 mi run	<b>19 mi run</b>
5	60 min Cross	5 mi run	10 mi run	6 X hill repeats	Rest	10 mi run	<b>20 mi run</b>
6	45 min Cross	4 mi run	9 mi run	30 min tempo run	Rest	9 mi run	<b>8 mi run</b>
7	30 min Cross	3 mi run	4 X 400 meter run	Rest	Rest	2 mi run	<b>Marathon Race day</b>

**Full Marathon (Kilometers) – Race date: 20<sup>th</sup> April**

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	45 min cross	6.4 km run	14.4 km run	6.4 km run	Rest	Rest	<b>Half Marathon pace</b>
2	45 min Cross	6.4 km run	14.4 km run	6 X hill repeats	Rest	14.4 km run	<b>30.4 km run</b>
3	60 min Cross	8 km run	16 km run	7 X 800 meter repeats	Rest	16 km run	<b>32 km run</b>
4	60 min Cross	8 km run	16 km run	8 X 800 meter repeats	Rest	16 km run	<b>30.4 km run</b>
5	60 min Cross	8 km run	16 km run	6 X hill repeats	Rest	16 km run	<b>32 km run</b>
6	45 min Cross	6.4 km run	14.4 km run	30 min tempo run	Rest	14.4 km run	<b>12.8 km run</b>
7	30 min Cross	4.8 km run	4 X 400 meter run	Rest	Rest	3.2 km run	<b>Marathon Race day</b>

**Key to note**

- **Cross training involves:** - Walking, aerobics, gym work, swimming
- **Pace run:** Intended race pace
- **800-meter repeats:** - warm up with 1-mile run, run 800 meters at you intended race time in minutes (e.g. if you plan to run the race in 4 hours then you do the split at 4min pace). Jog at least 400-800 meters in between the repeats
- **Hill repeats:** - warm up with 1-mile run, get a hill of about 400 meters with a gentle climb sprint up the hill and jog back to the bottom
- **Tempo run:** - start easy, then increase the pace, peak and then slow down.
- **The day's runs are not cast in stone and can be moved around to suit your schedule but ensure that the weekly mileage is covered, the long runs are to be done easy (pace where you can hold a conversation while running)**