Gold Coast Marathon Plan (sub 3.30)

Goal = 3.20 marathon. 5-6 runs per week, Easy pace = 5.10/km, tempo = 4.44/km, long reps 4.30/km, 10km speed 4.20/km, 5km speed 4.10/km

	MON	TUE	WEDS	THURS	FRI	SAT	SUN	
	STRENGTH (TRACK) 800m w/up, 400m CD.	EASY @ 5.10/km	REST	TEMPO (+1.5km w/up & 1.5km cool down). Effort @ 4.45/km	EASY @ 5.10/km	LONG @ 5.10/km	EASY @ 5.10/km	Weekly total kms
16	8x600/400 @ 2.21/600	10	off	10 +3	10	16	11.5	68.5
	gym			gym				
15	6 x 800/400 @ 3.12/800	10	Off	10 + 3	10	13	13	66.2
	gym			gym				
14	5x1km/400 @ 3.56/km	10	Off	10 + 3	10	19.5	11.5	70.5
	gym			gym				
13	4x1200/400 @ 4.46/1200	10	Off	11.5 +3	10	16	13	69.9
	gym			gym				
12	400-800-1200-1600-1200-800-400 (400 recovery)	10	Off	11.5 + 3	10	22.5	13	77.9
	gym			gym				
11	3 x 1600/600 (6.20/1600)	10	Off	11.5+3	10	16	16	73.1
	gym			gym				
10	6x800/400 (3.12/800)	13	Off	13 + 3	10	24	13	84.7
	gym			gym				

	MON	TUE	WEDS	THURS	FRI	SAT	SUN	
	STRENGTH (TRACK) **800m w/up, 400m CD.**	**EASY @ 5.10/km**	**REST**	**TEMPO (+1.5km w/up & 1.5km cool down). Effort @ 4.45/km**	**EASY @ 5.10/km**	**LONG @ 5.10/km**	**EASY @ 5.10/km**	**Weekly total kms**
9	3 x 1600/600 (6.20/1600)	10	Off	13 + 3	10	16	16	74.6
	gym			gym				
8	6 x 1600/400 (6.20/1600)	13	off	13 + 3	11.5	26	13	91.5
	gym			gym				
7	4 x 2,400m @ 4.38km/800	10	off	14.5 + 3	10	16	16	79.1
	gym			gym				
6	3 x 3200m @ 4.38km/800	13	Off	14.5 + 3	11.5	29	13	79.1
	gym			gym				
5	2 x@ 4,800m/1600	10	Off	14.5 + 3	10	16	16	82.3
	gym			gym				
4	3 x 3200m @4.38/km/800	13	Off	16+3	11.5	32	13	100.5
	gym			gym				
3	4 x 2400m/800	10	Off	16+3	10	20	16	87.8
	gym			gym				
2	6 x 1600km/400	13	off	10+3	11	8	off	57
1	6	rest	5	rest	3	rest	RACE	14 + race