



BUSH TURKEY TRACK CLUB

TRAINING PLAN

GOLD COAST MARATHON 2023

2 July 2023

Number of weeks

22

Average hours per week

6h 3min - 7h 33min

Average weekly mileage (estimated)

73 - 99km

Maximum hours per week

8h 0min - 9h 50min

Maximum weekly mileage (estimated)

96 - 128km

Last updated 18-June-2023

WELCOME

We're excited! A raft of turkeys training together for a marathon, does it get any better than this? Buckle up for the highs and the lows of marathon training and racing. This plan is an evolving document and will be subjected to continual change throughout the season. The entire training plan is summarised on the next two pages. We shall release the detailed weekly schedule in 4 week blocks but update and finalise weekly.

The purpose of this plan is to:

1. Align Bush Turkey Track Club members in some or all of their training. We get the most out of our training and ourselves when we train together.
2. Give you some of the tools you need to achieve your marathon goals.

Note that while this plan is designed to give you some of the tools you need to achieve your marathon goals, it is not a replacement for a coach or a experienced athlete in tune with their body. If in doubt, hire a coach.

WHO IS THIS PLAN FOR?

This plan is suitable for intermediate to advanced athletes preparing for the Gold Coast Marathon 2023. This plan assumes you are currently:

- Able to run a sub-40 minute 10km.
- Consistently running at least 4-5 times per week and at least 4.5 hours in total for the past 8-12 weeks.
- Capable of long running for 2 hours or more.

Over 6 hours of running is prescribed most weeks, typically 5 runs with an optional additional 6th easy run and an optional 7th double run. The plan peaks at just under 9 hours for the last few weeks before taper. There is at least 1 rest day per week. Consider if this works for you.

This plan also assumes you are injury free and have no medical conditions that may put you at risk. Get advice from a healthcare professional or coach before commencing marathon training.

HOW TO USE THIS PLAN

This plan assumes you will commence from Week 1 but technically you can jump in at any point, provided you have been doing a similar volume and intensity of training at the point at which you commence.

Consider what races you will be doing in the build to Gold Coast Marathon. We have suggested tune up races on the next page to consider and the plan is built around preparing for and recovering from these races. For alternative races, you will need to adjust the plan to suit.

Calculate your Critical Speed and Training Zones on the next page. Workouts are prescribed using your Training Zones and Critical Speed. The effort prescribed in each workout is based on how you feel on that day, not your fastest race pace.

The plan is broken into three periods, explained on the next page. Workouts in each period are focused on achieving the objectives of that period or for transitioning to the next period.

Workouts are generally specified in minutes, not kilometres. This is important and the plan caters for an array of athletes with different pace zones.

Decide if you will do the optional extras runs each week. Depending on your fitness and goals, you may choose to shorten or drop these runs entirely or substitute for cross-training.

DON'T BE STUPID

This training plan is only a guide and should be followed by a competent and experienced runner. There is no one size fits all training plan, adjust this to suit your fitness level and goals. Listen to your body, rest well, eat well, recover well, don't be afraid to skip a session, it won't hurt your fitness.

This plan comes with no guarantees, FOLLOW AT YOUR OWN RISK. This plan will not be individualised for your own individual training needs, injuries, work and life demands. If in doubt, hire a coach. Carl Batty of Start Running Stay Running is an excellent marathon coach who knows our training group well.

Carl Batty: 0434 345 145

STRENGTH & CONDITIONING

Strength and conditioning is important if you want to perform at your best and reduce injury risk. Try not to skip it. This plan assumes you are actively conditioning your body to cope with the demands of marathon training. Strength and conditioning is developed through:

Weight Training: Weight training reduces risk of running injury, increases fatigue resistance and increases running power. These sessions include a combination of weights and bodyweight exercises. Exercises must be executed with proper form to reduce risk of injury.

Form Drills and Strides: Regular form drills and strides help improve running economy, neuromuscular coordination and power. Weekly form drills and strides integrated into an easy run are recommended.

Plyometrics: Plyometrics improve running economy, neuromuscular coordination and explosive running power, enabling you to run faster for longer. In Periods 1 and 2, plyometrics are recommended to be integrated into weight training sessions and easy runs. Plyometrics are discontinued in Period 3 to focus on the demands of the marathon.

A strength and conditioning program is not provided in this plan. See a sports physiotherapist or strength and conditioning coach to help with your strength and conditioning program.

Sports and Exercise Physiotherapist- Brad Beer

<https://www.pogophysio.com.au/team/brad-beer/>

NUTRITION

Nutrition and hydration are critical for effective marathon training and racing. This plan assumes you are fuelling your training and racing with adequate carbs, protein, fats and micronutrients. Consider consulting a Sports Dietician before commencing marathon training.

AIS Nutrition Resources

<https://www.ais.gov.au/nutrition>

Sports Dietician- Peta Carige

<https://petacarige.com/>

Women's osteopathy and clinical nutrition- Bec Malon

<https://www.freyahealth.com.au/>

Carb Loading

Mayo Clinic recommends 8-12g per kg of bodyweight, 1 to 3 days before the event.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/carbohydrate-loading/art-20048518>

Nitrate Loading (eg beetroot juice)

<https://www.mdpi.com/2075-4663/7/5/120>



OVERVIEW

TRAINING PERIODIZATION

The goal of periodization is to progress from general to very marathon race specific fitness.

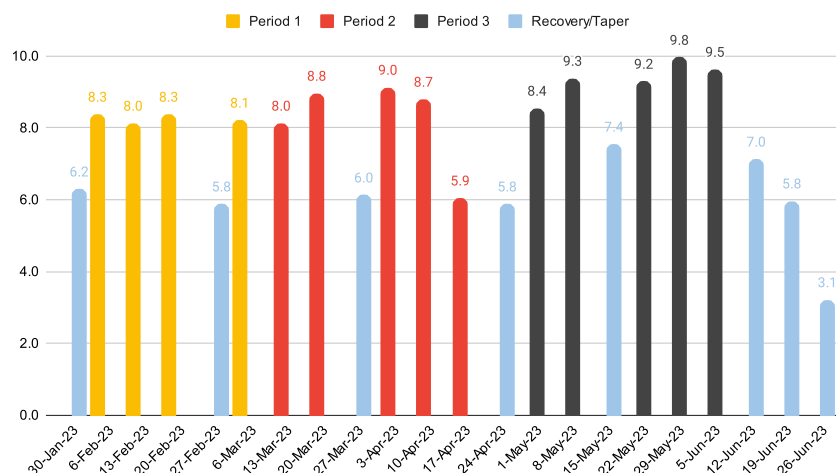
Period I focuses on a broad development of running fitness in preparation for the more specific training to come.

Period II focuses on physiological limiters to race performance.

Period III continues the focus on physiological limiters, closely matching the specific demands of the race.

| Period | Duration | Start | Finish | Objectives |
|--------|----------|-----------|-----------|--|
| 1 | 6 weeks | 30-Jan-23 | 12-Mar-23 | Period I: Global Power |
| | | | | Build mileage |
| | | | | Increase VO2 Max, improve 3-5km race time |
| | | | | Strengthen bone, muscle and connective tissue, increase mechanical power |
| | | | | Need to run short and fast and before running long and fast |
| 2 | 6 weeks | 13-Mar-23 | 30-Apr-23 | Period II: Critical Power |
| | | | | Increase stamina (Critical Speed), improve 10km & HM race time |
| | | | | Increase lactate threshold |
| | | | | Build mileage, increase fatigue resistance |
| | | | | Maintain VO2 Max |
| 3 | 6 weeks | 1-May-23 | 12-Jun-23 | Period III: Marathon Race Specific Power |
| | | | | Tolerate long durations at marathon intensity |
| | | | | Maintain stamina (Critical Speed) and VO2Max |
| | | | | Increase fatigue resistance, maintain mileage |
| | | | | Taper |
| Taper | 3 weeks | 12-Jun-23 | 2-Jul-23 | Shed fatigue, maintain marathon fitness, prepare to race |
| | | | | Write race plan, study course |
| | | | | Rest, nutrition |

Maximum Running Volume (hours)



YOUR TRAINING ZONES

Training zones are based on *Scientific Training for Endurance Athletes, Skiba (2022)*. Training zones are calculated as percentages of your Critical Speed (CS). CS is an important threshold, usually occurring somewhere between 80-85% of VO2Max and represents the dividing line between exercise you can do for a long time and exercise that is so hard that you have to quit sooner. A great explanation can be found here: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5070974/>

As a rough ballpark, use your 10km race pace as an estimate of CS. Or, estimate your Critical Speed and training zones using the Bush Turkey Track Club Running Calculator: <https://www.bushturkey.club/running-calculator.html>

OR just use the Training Zones determined by your Garmin or Coros watch.

For efforts above Z2, the training plan is colour coded to indicate the primary intensity level of each workout. Paces and heart rate zones are a guide only and you should adjust to suit the perceived effort on the day of the workout.

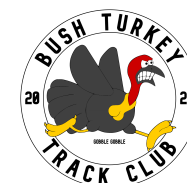
| Zone | Name | Heart Rate | | Effort feels like |
|------|--------------------|--------------|--------------|---|
| | | min (%CS HR) | max (%CS HR) | |
| Z1 | Easy/Recovery | | 69% | Very easy |
| Z2 | Steady/Endurance | 69% | 83% | Comfortable, conversational effort |
| Z3 | Tempo | 83% | 95% | Half marathon & marathon effort, tempo workouts |
| Z4 | Hard/Threshold | 95% | 105% | Above LT, 5km & 10km race effort |
| Z5 | Very Hard/VO2Max | 105% | 120% | VO2Max, 1500m - 3000m race effort |
| Z6 | Anaerobic Capacity | N/A | N/A | Sprint effort |

EVENTS TO CONSIDER

| Priority | Event | Date | Goals |
|----------|---|-------------|-------|
| C | Queensland Athletics 3000m Champs | 1 Mar 2023 | |
| C | Turkey Smash @ Sandgate Parkrun 5km | 11 Mar 2023 | |
| C | Bush Turkey Track Club Nudgee Gift (Handicap N) | 17 Mar 2023 | |
| B | MBRR April 10km Time Trial | 2 Apr 2023 | |
| B | Gold Coast Running Festival Half Marathon | 23 Apr 2023 | |
| C | MBRR Club Championship 25km | 7 May 2023 | |
| C | Sandgate Parkrun Speed Week 5km | 17-Jun 2023 | |
| A | Gold Coast Marathon | 2 Jul 2023 | |

GLOSSARY

| | |
|------------------|--|
| CS | Critical Speed (see Training Zones) |
| CS HR | Heart Rate at Critical Speed (see Training Zones) |
| HAF | Hard As F*** |
| Ramp Rate | Rate of increase or decrease in training. The ramp rate shown on the next page is based on running volume only and not intensity or rate of change in CTL. |
| LT | Lactate threshold |
| tempo/ threshold | An effort at or slightly slower than estimated lactate threshold |
| VO2Max | VO2Max effort, approximately 3km pace |
| 3k/5k/10k | 3km/5km/10km race pace |
| M/HM | Marathon/Half Marathon pace |
| WU/D | Warm Up/Warm Down |
| CTL | Concentrated Training Load (estimate of fitness) |
| ATL | Acute Training Load (estimate of fatigue) |
| TSB | Training Stress Balance (=CTL - ATL, estimate of form) |



TRAINING PLAN SUMMARY

| week | week starting | period | quantity workouts | | | | | Events | Workout Remarks (all runs Z1/Z2 unless noted otherwise) | Run Volume (minutes) | | | | | | | Min Run Volume (hr) | Max Run Volume (hr) | Ramp Rate (vol) | est. Min mileage (km) | est. Max mileage (km) | Notes |
|------|---------------|------------|-------------------|---------|----------|-----------------|----------------|---|---|----------------------|----|--------|----|-----|-----|-----|------------------------|------------------------|--------------------|--------------------------|--------------------------|---|
| | | | runs | doubles | strength | plyo metrics | cross train | | | M | T | W | Th | F | S | Su | | | | | | |
| 1 | 30-Jan-23 | 1.1 (R) | 6 | 0 | 2 | 1 | 1 | * 5-Feb MBRR Feb 10km TT Redcliffe | Recovery 1. 4x1km@CS 2. Long run with optional MBRR 10km TT as slow tempo + WU/D | 30-45 | 60 | 60 | 45 | 40 | | 120 | 5.4 | 6.2 | 0% | 65 | 80 | Easy week to kick off and prepare body for Period 1. |
| 2 | 6-Feb-23 | 1.2 | 7 | 1 | 2 | 2 | 0 | * 11-12 Feb MBRR Training Camp * 11 Feb Tarawera Ultra | 1. 3x(4x400m@VO2max) + 4x200 HAF 2. Tempo | 30-60 | 60 | 70-90 | 90 | | 60 | 135 | 6.4 | 8.3 | 34% | 77 | 108 | |
| 3 | 13-Feb-23 | 1.3 | 7 | 1 | 2 | 2 | 0 | | 1. Deeks quarters 2. 20-25min tempo | 30-60 | 60 | 70-90 | 90 | 60 | | 120 | 6.2 | 8.0 | -3% | 74 | 104 | |
| 4 | 20-Feb-23 | 1.4 | 7 | 1 | 2 | 2 | 0 | * 25-Feb Dane Bird Smith Shield 1500m | 1. 6x800m@VO2max + 10min threshold | 30-60 | 60 | 70-90 | 90 | 60 | 135 | | 6.4 | 8.3 | 0% | 77 | 108 | |
| 5 | 27-Feb-23 | 1.5 (R) | 6 | 0 | 2 | 2 | 2 | * 1-Mar QA 3000m Champs | Recovery 1. 3000m track race + WU/D | 30-45 | 50 | 30 | | 45 | 45 | 130 | 5.0 | 5.8 | -30% | 60 | 75 | |
| 6 | 6-Mar-23 | 1.6 | 6 | 0 | 1 | 1 | 0 | * 11-Mar QA State Champs 1500m * 11-Mar Turkey Smash@Sandgate parkrun * 12-Mar MBRR Mar 10km TT | 1. 5x1km@CS + HAF reps 2. Parkrun 5km + WU/D 3. long run inc. optional MBRR TT | 30-60 | 60 | 70-90 | 90 | | 45 | 140 | 6.8 | 8.1 | -2% | 81 | 105 | |
| 7 | 13-Mar-23 | 2.1 | 7 | 1 | 2 | 2 | 0 | * 17-Mar Nudgee Gift | 1. 10 x hill sprints 2. track mile race + WU/D 3. Progression long run | 30-60 | 70 | 70-90 | 90 | 30 | | 140 | 6.2 | 8.0 | -3% | 74 | 104 | |
| 8 | 20-Mar-23 | 2.2 | 7 | 1 | 2 | 2 | 0 | * 25-Mar Noosa Ultra-Trail | 1. 6x1km@CS + HAF reps 2. 3x10min tempo | 30-60 | 70 | 80-100 | 90 | 70 | | 140 | 7.0 | 8.8 | 9% | 84 | 115 | |
| 9 | 27-Mar-23 | 2.3 (R) | 6 | 0 | 2 | 1 | 0 | * 2-Apr MBRR Apr 10km TT | Recovery 1. 2x(1200,800,400 10k<5k kickdowns) OR (1000,600,400) 2. 10km TT + WU/D | 30-45 | 60 | 80-100 | 45 | 50 | | 60 | 4.9 | 6.0 | -32% | 59 | 78 | |
| 10 | 3-Apr-23 | 2.4 | 7 | 1 | 1 | 1 | 0 | | 1. 6x1km@CS + 4x200 HAF 2. 25min hilly tempo | 30-60 | 70 | 80-100 | 90 | 70 | | 150 | 7.2 | 9.0 | 2% | 86 | 117 | |
| 11 | 10-Apr-23 | 2.5 | 7 | 1 | 2 | 2 | 0 | | 1. 7x1km@CS + 4xhill sprint 2. Long run + optional 2-3x2km @HM pace | 30-60 | 70 | 80-100 | 90 | 140 | | 60 | 6.8 | 8.7 | -4% | 82 | 113 | |
| 12 | 17-Apr-23 | 2.6 | 6 | 0 | 2 | 1 | 0 | * 23-Apr GC Running Festival Half Marathon | 1. 4x1200@HM 2. HM race + WU/D | 30-60 | 65 | 75 | 45 | | 20 | 90 | 4.6 | 5.9 | -34% | 55 | 77 | Half marathon |
| 13 | 24-Apr-23 | R | 5 | 0 | 3 | 1 | 4 | | Recovery: cross-train, deload 1. hilly long run | | 45 | 60 | 45 | 45 | | 150 | 3.3 | 5.8 | -36% | 39 | 75 | Recover and prepare body for Period 3 |
| 14 | 1-May-23 | 3.1 | 7 | 1 | 1 | 0 | 0 | * 7-May MBRR Club Champs 25km * 7-May IM Port Mac | 1. 4x1500@CS + 4x200 HAF 2. 20min WU + 25km race @ Z3 + fast finish | 30-60 | 70 | 80-105 | 90 | 60 | | 120 | 6.6 | 8.4 | -3% | 79 | 110 | |
| 15 | 8-May-23 | 3.2 | 7 | 1 | 1 | 0 | 0 | | 1. 5-7x1km@CS 2. hilly tempo 30min | 30-60 | 70 | 80-105 | 90 | 70 | | 160 | 7.4 | 9.3 | 10% | 89 | 121 | |
| 16 | 15-May-23 | 3.3 | 6 | 0 | 1 | 0 | 0 | | 1. 6-8x1km@CS 2. optional 5 x hill sprints 3. marathon workout 6x2mi @ M pace | 30-45 | 75 | 70 | 45 | 60 | | 150 | 6.7 | 7.4 | -20% | 80 | 97 | Reduced mileage to get some recovery in but still a relatively big week |
| 17 | 22-May-23 | 3.4 | 7 | 1 | 1 | 0 | 0 | * 28-May Noosa Marathon | 1. Track: 5x1mi@CS 2. marathon workout 4x5km @ M pace | 30-60 | 75 | 80-105 | 90 | 60 | | 160 | 7.3 | 9.2 | -1% | 88 | 120 | |
| 18 | 29-May-23 | 3.5 | 7 | 1 | 1 | 0 | 0 | * 4-Jun Brisbane Marathon | 1. 3xMile@CS + 10min threshold 2. 4x(6min@M+2min@CS) 3. hilly long run | 30-60 | 80 | 90-110 | 90 | 80 | | 170 | 8.0 | 9.8 | 6% | 96 | 128 | |
| 19 | 5-Jun-23 | 3.6 | 7 | 1 | 1 | 0 | 0 | * 11-Jun MBRR Jun 10km TT | 1. 4-5x1km@CS + 10-16min threshold 2. hilly long run 3. marathon workout 3x7km @ M pace | 30-60 | 80 | 90-120 | 90 | 60 | | 160 | 7.7 | 9.5 | -3% | 92 | 124 | |
| 20 | 12-Jun-23 | Taper | 6 | 0 | 1 | 0 | 0 | * 17-Jun BERT Sandgate Parkrun Speed Week | Taper week 1 1. 2-3 x(3km@M+500@CS) + 3-5x60s@5km 2. Parkrun 5km + WU/D | 30-45 | 60 | 70-90 | | 45 | 60 | 120 | 5.9 | 7.0 | -29% | 71 | 91 | Taper |
| 21 | 19-Jun-23 | Taper | 6 | 0 | 1 | 0 | 0 | | Taper week 2 1. 3-4x1km@CS + 20min@M pace 2. 80min 'long' run 3. drills + long strides to stay sharp | 30-45 | 60 | 60 | 50 | 55 | | 80 | 5.1 | 5.8 | -41% | 61 | 76 | Taper |
| 22 | 26-Jun-23 | Race | 5 | 0 | 1 | 0 | 0 | * 2-Jul Gold Coast Marathon | Race Week 1. 15-20min@M pace 2. Gold Coast Marathon | 30-40 | 55 | 40 | 30 | | 20 | | 2.4 | 3.1 | -68% | 29 | 42 | Race Week! |
| | 3-Jul-23 | | 0 | 0 | 0 | 0 | 2 | | Recovery: deload | | | | | | | | | | | | | |

| Legend |
|--|
| Z3 Tempo |
| Z4 Hard/Threshold |
| Z5 Very Hard/VO2Max |
| Hill Sprints |
| Race |
| Long Run |
| Optional Double Run Day |
| Include Form Drills & Strides (optional plyometrics in Period 1 & 2) |
| Recovery (R) |
| Optional easy Z1/Z2 run |



TRAINING PLAN

GOLD COAST MARATHON 2023

Week 1/22

30-Jan to 05-Feb

Period 1 Week 1

Maximum 6h 10min Running (0%)

Events on this week:

* 5-Feb MBRR Feb 10km TT Redcliffe



| MONDAY 30 January | TUESDAY 31 January | WEDNESDAY 1 February | THURSDAY 2 February | FRIDAY 3 February | SATURDAY 4 February | SUNDAY 5 February |
|---|---|--|--|---|--|--|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 45min | SPEED SESSION 1h | OPTIONAL RUN OR CROSS-TRAIN 1h | OPTIONAL RUN OR CROSS-TRAIN 45min | RUN 40min | REST DAY | LONG RUN 2h |
| Steady/Endurance | Hard/Threshold | Steady/Endurance | Steady/Endurance | Steady/Endurance | | Steady/Endurance |
| LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run | MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. OR 1km Repeats LOCATION: Sandgate Waterfront MBRR Start TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, Form Drills, Strides Main Set: 4 x 1km @ CS + 90s recovery Warm Down: 15min in Z2 | Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. OR Cross Train OR Rest Day | MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> Optional Z1-Z2 Run. OR Cross Train OR Rest Day | LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides | | Long Run into MBRR 10km TT Redcliffe LOCATION: Captain Cook Park Redcliffe TIME: 05:00 AM <u>WORKOUT:</u> - 60min upper Z2 - (6:00 AM) Into MBRR 10km TT as either 10km slow tempo (5-10s slower than M pace) OR 10km progression run, progress from slow tempo to slightly faster than HM pace - warm down jog for remainder of run OR Local Long Run LOCATION: TBC TIME: TBC <u>WORKOUT:</u> All in upper Z2 |
| | OPTIONAL STRENGTH & CONDITIONING 45min Adaptation Phase | | | OPTIONAL STRENGTH & CONDITIONING 45min Adaptation Phase | Notes - Recovery week. This first week is a deload week to prepare body the demands of marathon training. - Period 1 - Global Power. Objectives: * Build mileage * Increase VO2 Max, improve 3-5km race time * Strengthen bone, muscle and connective tissue, increase mechanical power * Need to run short and fast and before running long and fast - Strength & Conditioning Adaptation Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 2/22

06-Feb to 12-Feb

Period 1 Week 2

Maximum 8h 15min Running (+34%)

Events on this week:

- * 11-12 Feb MBRR Training Camp
- * 11 Feb Tarawera Ultra



| MONDAY 6 February | TUESDAY 7 February | WEDNESDAY 8 February | THURSDAY 9 February | FRIDAY 10 February | SATURDAY 11 February | SUNDAY 12 February |
|--|---|--|---|--|---|--|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 1h Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | TRACK SESSION 1h Very Hard/VO2Max MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. OR Track Tuesday LOCATION: Nudgee Track TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, Form Drills, Strides Main Set: 3 x (4 x 400m @ VO2max + 45s recovery) + lap jog 4 x 200m HAF Warm Down: 15min in Z2 | MEDIUM LONG RUN 1h 10min - 1h 30min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 60min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides OR Friday Reasonable Hour Run (move to Friday) LOCATION: Capulet Sandgate TIME: Friday 05:30 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides | REST DAY | THRESHOLD TRACK SESSION 1h Tempo MBRR Training Camp Threshold Track Session LOCATION: UniSC Track Sippy Downs TIME: 05:30 AM <u>WORKOUT:</u> Refer MBRR for details. OR Sandgate Parkrun 5km LOCATION: ADP Sandgate TIME: 06:30 AM <u>WORKOUT:</u> Sandgate Parkrun 5km as tempo + warm and down. | LONG RUN 2h 15min Steady/Endurance MBRR Training Camp Long Run LOCATION: Alex Heads TIME: 04:30 - 05:00 AM <u>WORKOUT:</u> Refer MBRR for details. All upper Z2. OR Local Long Run LOCATION: ADP Sandgate TIME: 05:30 AM <u>WORKOUT:</u> All upper Z2. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Adaptation Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | OPTIONAL STRENGTH & CONDITIONING 45min Adaptation Phase | Notes - Period 1 - Global Power. Objectives: * Build mileage * Increase VO2 Max, improve 3-5km race time * Strengthen bone, muscle and connective tissue, increase mechanical power * Need to run short and fast and before running long and fast - Strength & Conditioning Adaptation Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 3/22

13-Feb to 19-Feb

Period 1 Week 3

Maximum 8h 0min Running (-3%)

Events on this week:



| MONDAY 13 February | TUESDAY 14 February | WEDNESDAY 15 February | THURSDAY 16 February | FRIDAY 17 February | SATURDAY 18 February | SUNDAY 19 February |
|---|--|---|--|---|---|--|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 1h Steady/Endurance LOCATION: - TIME: - WORKOUT: Optional Z1-Z2 Run OR Cross Train OR Rest Day | DEEKS QUARTERS 1h Very Hard/VO2Max MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. OR Deeks Quarters LOCATION: Nudgee Track TIME: 05:00 AM WORKOUT: Warm Up: 15min in Z2, Form Drills, Strides Main Set: 8 x 400m > 5km effort + 200m float (see link) Warm Down: 15min in Z2 | MEDIUM LONG RUN 1h 10min - 1h 30min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM WORKOUT: All in Z2. | RUN 60min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM WORKOUT: All in Z2. Finish with: - Form Drills - 6 x 20s strides | THRESHOLD RUN 1h Tempo LOCATION: Capulet Sandgate TIME: 05:30 AM WORKOUT: All in Z2. Finish with: - Form Drills - 6 x 20s strides Warm Up: 20min in Z2, Form Drills, Strides Jog to Dowse Lagoon Main Set: 20-25min tempo around Dowse Lagoon Warm Down: 15min in Z2 | REST DAY | HILLY LONG RUN 2h Steady/Endurance Clear Mountain loop LOCATION: Meet IGA Cashmere car park https://goo.gl/maps/4DJ48gnh3nFWNH5p7 TIME: 05:00 AM WORKOUT: Long run all in upper Z2 |
| | OPTIONAL STRENGTH & CONDITIONING 45min Adaptation Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - WORKOUT: All in Z2. | OPTIONAL STRENGTH & CONDITIONING 45min Adaptation Phase | Notes - Period 1 - Global Power. Objectives: * Build mileage * Increase VO2 Max, improve 3-5km race time * Strengthen bone, muscle and connective tissue, increase mechanical power * Need to run short and fast and before running long and fast - Strength & Conditioning Adaptation Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 4/22

20-Feb to 26-Feb

Period 1 Week 4

Maximum 8h 15min Running (0%)

Events on this week:

* 25-Feb Dane Bird Smith Shield 1500m



| MONDAY 20 February | TUESDAY 21 February | WEDNESDAY 22 February | THURSDAY 23 February | FRIDAY 24 February | SATURDAY 25 February | SUNDAY 26 February |
|--|--|---|--|---|---|-----------------------|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 1h Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | TRACK SESSION 1h Very Hard/VO2Max MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. OR Track Tuesday LOCATION: Nudgee Track TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, Form Drills, Strides Main Set: 6 x 800m @ VO2max/3km effort 10min threshold Warm Down: 15min in Z2 | MEDIUM LONG RUN 1h 10min - 1h 30min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: - 04:15 AM Ward/Kennedy St Sandgate - 04:30 AM Deagon Skatepark Kempster St <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides | HILLY LONG RUN 2h 15min Steady/Endurance Bridgeman Downs Loop LOCATION: Ward/Kennedy St Sandgate start TIME: 04:40 AM <u>WORKOUT:</u> Bridgeman Downs Loop. All upper Z2. | REST DAY |
| | OPTIONAL STRENGTH & CONDITIONING 45min Adaptation Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | OPTIONAL STRENGTH & CONDITIONING 45min Adaptation Phase | Notes - Long run moved to Saturday to increase recovery before 3000m Champs next week. - Period 1 - Global Power. Objectives: * Build mileage * Increase VO2 Max, improve 3-5km race time * Strengthen bone, muscle and connective tissue, increase mechanical power * Need to run short and fast and before running long and fast - Strength & Conditioning Adaptation Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN GOLD COAST MARATHON 2023

Week 5/22

27-Feb to 05-Mar

Period 1 Week 5

Maximum 5h 45min Running (-30%)

Events on this week:

* 1-Mar QA 3000m Champs



| MONDAY 27 February | TUESDAY 28 February | WEDNESDAY 1 March | THURSDAY 2 March | FRIDAY 3 March | SATURDAY 4 March | SUNDAY 5 March |
|--|---|--|--|--|---|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance | RUN 50min Steady/Endurance | QUEENSLAND ATHLETICS 3000m CHAMPS 30min Race | REST DAY | OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance | OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance | FOREST LONG RUN 2h 10min Steady/Endurance |
| LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | LOCATION: Sandgate Waterfront MBRR Start TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides OR If not doing 3000m race tomorrow, do a smaller speed session. | Queensland Athletics 3000m Champs LOCATION: QSAC TIME: 5:30 PM <u>WORKOUT:</u> 3000m track race + warm up and cool down. OR 5km Threshold (swap with Friday or Saturday) LOCATION: ADP Sandgate TIME: 06:30 AM (Swap with Friday or Saturday) <u>WORKOUT:</u> Saturday Sandgate parkrun as 5km <i>Threshold</i> + warm up and down. OR Friday 5km Threshold + warm up and down. | | LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | LOCATION: Beerburum East State Forest https://goo.gl/maps/L3fUXrzu2RPXcPf97 TIME: 05:20 AM <u>WORKOUT:</u> All upper Z2. |
| | | | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase Can move back to Tuesday if not running QA 3000m Champs on Wednesday | | Notes - 3000m Race OR 5km Threshold. This is partial recovery week so use the rest of the week to recovery fully. - Period 1 - Global Power. Objectives: * Build mileage * Increase VO2 Max, improve 3-5km race time * Strengthen bone, muscle and connective tissue, increase mechanical power * Need to run short and fast and before running long and fast - Strength & Conditioning Muscular Strength & Power Development Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN GOLD COAST MARATHON 2023

Week 6/22

06-Mar to 12-Mar

Period 1 Week 6

Maximum 8h 5min Running (-2%)

Events on this week:

- * 11-Mar QA State Champs 1500m
- * 11-Mar Turkey Smash@Sandgate parkrun
- * 12-Mar MBRR Mar 10km TT



| MONDAY 6 March | TUESDAY 7 March | WEDNESDAY 8 March | THURSDAY 9 March | FRIDAY 10 March | SATURDAY 11 March | SUNDAY 12 March |
|--|---|---|---|--------------------|---|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 1h Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | TRACK SESSION 1h Hard/Threshold Track Tuesday LOCATION: Nudgee Track TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: Warm up with Coach Christy & MBRR 15min in Z2, Form Drills, Strides Main Set: 4-5 x 1000m @ Critical Speed 4-5 x 200m HAF Warm Down: 15min in Z2 OR SRSR Speed Session with Coach Carl Refer SRSR for details. | MEDIUM LONG RUN 1h 10min - 1h 30min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: - 04:15 AM Ward/Kennedy St Sandgate - 04:30 AM Deagon Skatepark Kempster St <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides OR Swap with Friday | REST DAY | TURKEY SMASH @ SANDGATE PARKRUN 45min Race Sandgate parkrun LOCATION: ADP Sandgate TIME: 06:10 AM <u>WORKOUT:</u> 5km parkrun as race + warm up and down. OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | LONG RUN 2h 20min Steady/Endurance Long Run TBC LOCATION: TBC TIME: TBC <u>WORKOUT:</u> All in upper Z2. Optional include MBRR 10km Time Trial. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | | Notes - 5km race on Saturday. - Last week of Period 1 - Global Power before transition to Period 2 - Critical Power. - Strength & Conditioning Muscular Strength & Power Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN GOLD COAST MARATHON 2023

Week 7/22

13-Mar to 19-Mar

Period 2 Week 1

Maximum 8h 0min Running (-3%)

Events on this week:

* 17-Mar Nudgee Gift



| MONDAY 13 March | TUESDAY 14 March | WEDNESDAY 15 March | THURSDAY 16 March | FRIDAY 17 March | SATURDAY 18 March | SUNDAY 19 March |
|---|---|--|--|--|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | HILL SPRINTS 1h 10min Hard/Threshold Barrett St Hill Sprints LOCATION: Sandgate Waterfront MBRR start TIME: 04:50 AM <u>WORKOUT:</u> Warm Up: 20min in Z2, jog to Barrett St Bracken Ridge Main Set: 10 x Barrett St hill sprints Warm Down: 20min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details | MEDIUM LONG RUN 1h 10min - 1h 30min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 60min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides | OPTIONAL SHAKE OUT RUN 15min - 25min Steady/Endurance LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> Optional Z1-Z2 Run | REST DAY | PROGRESSION LONG RUN 2h 20min Tempo LOCATION: McPherson Park Bracken Ridge TIME: 04:50 AM <u>WORKOUT:</u> - First 90 min upper Z2. - 20-30min progression to slightly faster than HM pace. - Remainder (20-30min) in Z2 OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | THE NUDGEE GIFT 45min Race Handicap 1 Mile Race LOCATION: Nudgee Track TIME: 06:00 PM <u>WORKOUT:</u> 1 mile race + warm up and down. | Notes - 1 Mile Race - Start of Period 2 - Critical Power. Objectives: * Increase stamina (Critical Power/Critical Speed), improve 10km & HM race time * Increase Lactate Threshold * Build mileage, increase fatigue resistance * Maintain VO2 Max - Strength & Conditioning Muscular Strength & Power Development Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN GOLD COAST MARATHON 2023

Week 8/22

20-Mar to 26-Mar

Period 2 Week 2.

Maximum 8h 50min Running (+9%)

Events on this week:

* 25-Mar Noosa Ultra-Trail



| MONDAY 20 March | TUESDAY 21 March | WEDNESDAY 22 March | THURSDAY 23 March | FRIDAY 24 March | SATURDAY 25 March | SUNDAY 26 March |
|---|---|--|--|--|---|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | SPEED SESSION 1h 10min Hard/Threshold Deagon Speedway 1km Repeats LOCATION: Sandgate Waterfront MBRR start TIME: 04:50 AM <u>WORKOUT:</u> Warm Up: 20min in Z2, jog to Racecourse Rd Deagon Main Set: 6 x 1km @ CS + 60s recovery 4 x 45s HAF + 45s recovery Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. | MEDIUM LONG RUN 1h 20min - 1h 40min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 60min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides | THRESHOLD RUN 1h 10min Tempo LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> Warm Up: 20min in Z2, Form Drills, Strides Main Set: 3x10min @ threshold + 1min recovery jog Warm Down: 15min in Z2 | REST DAY | LONG RUN 2h 20min Steady/Endurance McGavin View return LOCATION: TBC TIME: 4:45 AM <u>WORKOUT:</u> All in upper Z2. Run out to McGavin View and back, here's the route: https://onthehomap.com/s/cpuqpufk |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | Notes - Period 2 - Critical Power. Objectives: * Increase stamina (Critical Power/Critical Speed), improve 10km & HM race time * Increase Lactate Threshold * Build mileage, increase fatigue resistance * Maintain VO2 Max - Strength & Conditioning Muscular Strength & Power Development Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN GOLD COAST MARATHON 2023

Week 9/22

27-Mar to 02-Apr

Period 2 Week 3.

Maximum 6h 0min Running (-32%)

Events on this week:

* 2-Apr MBRR Apr 10km TT



| MONDAY 27 March | TUESDAY 28 March | WEDNESDAY 29 March | THURSDAY 30 March | FRIDAY 31 March | SATURDAY 1 April | SUNDAY 2 April |
|--|---|---|--|--|---|--|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 45min | TRACK SESSION 1h | MEDIUM LONG RUN 1h 20min - 1h 40min | RUN 45min | RUN 50min | REST DAY | MORETON BAY ROAD RUNNERS 10KM TT 1h |
| Steady/Endurance | Hard/Threshold | Steady/Endurance | Steady/Endurance | Steady/Endurance | | Race |
| LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | Track Tuesday LOCATION: Nudgee Track TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, Form Drills, Strides Main Set: 2 sets of (1200, 800, 400) OR smaller set (1000, 600, 400) Start at 10k effort then kick down last 400 of each rep to 3-5k effort, 60s recovery Warm Down: 15min in Z2 OR MBRR Track Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. | Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. | LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides | | 10km Time Trial LOCATION: Suttons Beach TIME: 05:30 AM <u>WORKOUT:</u> Moreton Bay Road Runners 10km Time Trial as race + long warm up and down. OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | | | Notes - 10km Time Trial. This is partial recovery week so use the rest of the week to recovery fully. - Period 2 - Critical Power. Objectives: * Increase stamina (Critical Power/Critical Speed), improve 10km & HM race time * Increase Lactate Threshold * Build mileage, increase fatigue resistance * Maintain VO2 Max - Strength & Conditioning Muscular Strength & Power Development Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN GOLD COAST MARATHON 2023

Week 10/22

03-Apr to 09-Apr

Period 2 Week 4

Maximum 9h 0min Running (+2%)

Events on this week:



| MONDAY 3 April | TUESDAY 4 April | WEDNESDAY 5 April | THURSDAY 6 April | FRIDAY 7 April | SATURDAY 8 April | SUNDAY 9 April |
|---|--|--|--|--|---|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | TRACK SESSION 1h 10min Hard/Threshold Track Tuesday LOCATION: Nudgee Track TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: Warm up with Coach Christy & MBRR 15min in Z2, Form Drills, Strides Main Set: 6 x 1000m @ Critical Speed + 200m jog 4 x 200m HAF Warm Down: 15min in Z2 OR SRSR Speed Session with Coach Carl Refer SRSR for details. | MEDIUM LONG RUN 1h 20min - 1h 40min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 60min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides | THRESHOLD RUN 1h 10min Tempo LOCATION: Capulet Sandgate TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: 20min in Z2, jog to Barrett St Bracken Ridge, Form Drills, Strides Main Set: 25min BR hilly threshold run, here's the route: https://onthegomap.com/s/ujqen510 Warm Down: 20min in Z2 | REST DAY | LONG RUN 2h 30min Steady/Endurance Long Run TBC LOCATION: TBC TIME: TBC <u>WORKOUT:</u> All in upper Z2. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | Notes - Period 2 - Critical Power. Objectives: * Increase stamina (Critical Power/Critical Speed), improve 10km & HM race time * Increase Lactate Threshold * Build mileage, increase fatigue resistance * Maintain VO2 Max - Strength & Conditioning Muscular Strength & Power Development Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN GOLD COAST MARATHON 2023

Week 11/22

10-Apr to 16-Apr

Period 2 Week 5

Maximum 8h 40min Running (-4%)

Events on this week:



| MONDAY 10 April | TUESDAY 11 April | WEDNESDAY 12 April | THURSDAY 13 April | FRIDAY 14 April | SATURDAY 15 April | SUNDAY 16 April |
|---|--|--|--|---|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | SPEED SESSION 1h 10min Hard/Threshold 1km Repeats LOCATION: Sandgate Waterfront MBRR start TIME: 04:50 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, jog to Dowse Lagoon, form drills, strides Main Set: 6-7x 1km @ CS + 90s recovery around Dowse Lagoon 4 x Wolsey St hill sprints Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details | MEDIUM LONG RUN 1h 20min - 1h 40min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 60min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides | LONG RUN WITH HALF MARA EFFORTS 2h - 2h 20min Tempo LOCATION: Capulet Sandgate TIME: 04:20 AM <u>WORKOUT:</u> - First 80 min in Z2 - Optional 2-3 x 2km @ HM effort with 5min jog between - Remainder (20-30min) in Z2 OR Swap with Sunday if not racing a half marathon next weekend. | REST DAY | RUN 1h Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | Notes - Long run (with efforts) moved to Friday to increase recovery time before the Gold Coast Running Festival Half Marathon next Sunday. - Period 2 - Critical Power. Objectives: * Increase stamina (Critical Power/Critical Speed), improve 10km & HM race time * Increase Lactate Threshold * Build mileage, increase fatigue resistance * Maintain VO2 Max - Strength & Conditioning Muscular Strength & Power Development Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 12/22

17-Apr to 23-Apr

Period 2 Week 6

Maximum 5h 55min Running (-34%)

Events on this week:

* 23-Apr GC Running Festival Half Marathon



| MONDAY 17 April | TUESDAY 18 April | WEDNESDAY 19 April | THURSDAY 20 April | FRIDAY 21 April | SATURDAY 22 April | SUNDAY 23 April |
|--|---|---|---|--------------------|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance | SPEED SESSION 1h 5min Tempo | RUN 1h 15min Steady/Endurance | RUN 45min Steady/Endurance | REST DAY | RUN 20min Steady/Endurance | HALF MARATHON RACE 1h 30min Race |
| LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | Half Marathon Efforts LOCATION: Sandgate Waterfront MBRR start TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, Form Drills, Strides Main Set: 4 x 1200 @ goal HM pace + 2min jog Warm Down: 15min in Z2 OR MBRR Track Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl | Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides | | Shakeout run LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. OR Swap with Friday if you prefer. | Gold Coast Running Festival Half Marathon LOCATION: Cbus Super Stadium, Robina TIME: 05:30 AM for 06:30 AM race start <u>WORKOUT:</u> Half marathon race + warm up and down. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | | | Notes - Gold Coast Running Festival Half Marathon on Sunday. This week includes a short taper to prepare to race. - Last week of Period 2 - Critical Power before transition to Period 3 - Marathon Race Specific Power. - Strength & Conditioning Muscular Strength & Power Development Phase. Weight training 1 to 2 times per week. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 13/22

24-Apr to 30-Apr

Recovery Week

Maximum 5h 45min Running (-36%)

Events on this week:



| MONDAY 24 April | TUESDAY 25 April | WEDNESDAY 26 April | THURSDAY 27 April | FRIDAY 28 April | SATURDAY 29 April | SUNDAY 30 April |
|--------------------|---|---|---|---|---|--|
| REST DAY | OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | REST DAY | LONG RUN 2h 30min Steady/Endurance Long Run TBC LOCATION: TBC TIME: TBC WORKOUT: All in upper Z2. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | Notes - This is a full recovery week between Period 2 and Period 3. Use this week to recover fully before the increased demands of marathon-specific training in Period 3. - Strength & Conditioning : Last week of Muscular Strength & Power Development Phase before transitioning to Strength Maintenance Phase weight training. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 14/22

01-May to 07-May

Period 3 Week 1

Maximum 8h 25min Running (-3%)

Events on this week:

* 7-May MBRR Club Champs 25km

* 7-May IM Port Mac



| MONDAY 1 May | TUESDAY 2 May | WEDNESDAY 3 May | THURSDAY 4 May | FRIDAY 5 May | SATURDAY 6 May | SUNDAY 7 May |
|---|---|--|--|--|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | TRACK SESSION 1h 10min Hard/Threshold Track Tuesday LOCATION: Nudgee Track TIME: 04:50 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, form drills, strides Main Set: 4 x 1600 @ CS + 75s recovery 4 x 200 HAF Warm Down: 15min in Z2 MBRR Track Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. | MEDIUM LONG RUN 1h 20min - 1h 40min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides | REST DAY | 25KM RACE OR MARATHON WORKOUT 2h - 2h 30min Race Moreton Bay Road Runners 25km Club Championship LOCATION: Woody Point Beach Refer MBRR for details. <u>WORKOUT:</u> 25km race + warm up and down. OR Marathon Workout 1km On/Off LOCATION: TBA <u>WORKOUT:</u> - First 20 min in Z2. - 10 x 1km On/1km Off - where "On" is at marathon effort - and "Off" is Z2 - Remainder (20-30min) in Z2 |
| | OPTIONAL STRENGTH & CONDITIONING 45min Maintenance Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | | Notes - MBRR 25km Club Champs or our first key marathon workout on Sunday. Plan your week around this key workout. - First week of Period 3: Marathon Race Specific Power. Objectives: * Tolerate long durations at marathon intensity * Increase fatigue resistance, maintain mileage * Maintain stamina (Critical Speed) and VO2Max - Strength & Conditioning Maintenance Phase. Reduce weight training to once per week and cease increasing resistance, maintain your current working load. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 15/22

08-May to 14-May

Period 3 Week 2.

Maximum 9h 15min Running (+10%)

Events on this week:



| MONDAY 8 May | TUESDAY 9 May | WEDNESDAY 10 May | THURSDAY 11 May | FRIDAY 12 May | SATURDAY 13 May | SUNDAY 14 May |
|---|--|--|--|--|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | SPEED SESSION 1h 10min Hard/Threshold 1km Repeats LOCATION: Dowse Lagoon TIME: 04:10 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, form drills, strides Main Set: 5-7 x 1km @ CS + 75s recovery Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. | MEDIUM LONG RUN 1h 20min - 1h 45min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides | TEMPO RUN 1h 10min Tempo LOCATION: Capulet Sandgate TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: 20min in Z2, jog to Barrett St Bracken Ridge, Form Drills, Strides Main Set: 30min BR hilly tempo run, here's the route: https://onthegomap.com/s/ujqen510 Warm Down: 20min in Z2 | REST DAY | LONG RUN 2h 40min Steady/Endurance Rafter Long Run LOCATION: ADP Sandgate TIME: 5:00 AM <u>WORKOUT:</u> All in upper Z2. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Maintenance Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | | Notes - Period 3: Marathon Race Specific Power. Objectives: * Tolerate long durations at marathon intensity * Increase fatigue resistance, maintain mileage * Maintain stamina (Critical Speed) and VO2Max - Strength & Conditioning Maintenance Phase. Reduce weight training to once per week and cease increasing resistance, maintain your current working load. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 16/22

15-May to 21-May

Period 3 Week 3.

Maximum 7h 25min Running (-20%)

Events on this week:



| MONDAY 15 May | TUESDAY 16 May | WEDNESDAY 17 May | THURSDAY 18 May | FRIDAY 19 May | SATURDAY 20 May | SUNDAY 21 May |
|---|---|---|---|---|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | TRACK SESSION 1h 15min Hard/Threshold 1km Repeats LOCATION: Sandgate Waterfront MBRR start TIME: 04:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, form drills, strides Main Set: 6-8 x 1km @ CS + 60-75s recovery Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. | RUN 1h 10min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 45min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides | RUN WITH OPTIONAL HILL SPRINTS 1h Hard/Threshold Hill Sprints LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> Warm Up: 20min in Z2, jog to Barrett St Bracken Ridge, Form Drills, Strides Main Set: 5 x Barrett St hill sprints Warm Down: 20min in Z2 | REST DAY | MARATHON WORKOUT 2h 30min Tempo Marathon Workout LOCATION: ADP Sandgate TIME: 05:30 AM <u>WORKOUT:</u> - First 30 min in Z2 - 6 x 2mile (or 6 x 3km) at Marathon effort with 4min jog between - Remainder (15-30min) in Z2 Coffee at The Bay Cafe after. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Maintenance Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | | Notes Partial Recovery Week- drop a run or cut down a workout to freshen up if required this week but ensure you're ready for the Marathon Workout on Sunday. - Period 3: Marathon Race Specific Power. Objectives: * Tolerate long durations at marathon intensity * Increase fatigue resistance, maintain mileage * Maintain stamina (Critical Speed) and VO2Max - Strength & Conditioning Maintenance Phase. Reduce weight training to once per week and cease increasing resistance, maintain your current working load. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 17/22

22-May to 28-May

Period 3 Week 4

Maximum 9h 10min Running (-1%)

Events on this week:

* 28-May Noosa Marathon



| MONDAY 22 May | TUESDAY 23 May | WEDNESDAY 24 May | THURSDAY 25 May | FRIDAY 26 May | SATURDAY 27 May | SUNDAY 28 May |
|---|---|--|--|--|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | SPEED SESSION 1h 15min Hard/Threshold Mile Repeats LOCATION: Sandgate Waterfront MBRR start TIME: 04:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, form drills, strides Main Set: 4-5 x 1mile @ CS + 90s recovery Optional 2 x 30s HAF Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details | MEDIUM LONG RUN 1h 20min - 1h 45min Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance Strides LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides | REST DAY | MARATHON WORKOUT 2h 40min Tempo Marathon Workout LOCATION: ADP Sandgate TIME: 05:30 AM <u>WORKOUT:</u> - First 30 min in Z2 - 4 x 5km at Marathon effort with 1km jog between - Remainder (15-30min) in Z2 Coffee at The Bay Cafe after. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | | Notes Ensure you recover well from last weeks Marathon Workout and you're ready for Marathon Workout #3 of 4 on Sunday. Plan your week around this key workout. - Period 3: Marathon Race Specific Power. Objectives: * Tolerate long durations at marathon intensity * Increase fatigue resistance, maintain mileage * Maintain stamina (Critical Speed) and VO2Max - Strength & Conditioning Maintenance Phase. Reduce weight training to once per week and cease increasing resistance, maintain your current working load. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 18/22

29-May to 04-Jun

Period 3 Week 5

Maximum 9h 50min Running (+6%)

Events on this week:

* 4-Jun Brisbane Marathon



| MONDAY 29 May | TUESDAY 30 May | WEDNESDAY 31 May | THURSDAY 1 June | FRIDAY 2 June | SATURDAY 3 June | SUNDAY 4 June |
|---|---|--|--|---|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | SPEED SESSION 1h 20min Hard/Threshold Mile Repeats + Threshold LOCATION: Sandgate Waterfront MBRR start TIME: 04:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, form drills, strides Main Set: 3 x 1mile @ CS + 75-90s recovery 10min @ threshold Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details | MEDIUM LONG RUN 1h 30min - 2h Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides | LITTLE MARATHON WORKOUT 1h 20min Tempo Marathon/10km Workout LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, form drills, strides Main Set: 4 sets of (6min @ marathon effort + 2min @ 10km effort) Warm Down: 15min in Z2 | REST DAY | LONG RUN 2h 50min Steady/Endurance Hilly Long Run LOCATION: ADP Sandgate TIME: 05:30 AM <u>WORKOUT:</u> All in upper Z2, hit the hills! Coffee at The Bay Cafe after. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | | Notes - Period 3: Marathon Race Specific Power. Objectives: * Tolerate long durations at marathon intensity * Increase fatigue resistance, maintain mileage * Maintain stamina (Critical Speed) and VO2Max - Strength & Conditioning Maintenance Phase. Reduce weight training to once per week and cease increasing resistance, maintain your current working load. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 19/22

05-Jun to 11-Jun

Period 3 Week 6

Maximum 9h 30min Running (-3%)

Events on this week:

* 11-Jun MBRR Jun 10km TT



| MONDAY 5 June | TUESDAY 6 June | WEDNESDAY 7 June | THURSDAY 8 June | FRIDAY 9 June | SATURDAY 10 June | SUNDAY 11 June |
|--|--|---|--|--|--|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 60min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | SPEED SESSION 1h 20min Hard/Threshold 1km Repeats + Threshold LOCATION: Sandgate Waterfront MBRR start TIME: 04:40 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, form drills, strides Main Set: 4-5 x 1km @ CS + 60s recovery 10-16min @ threshold Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. | MEDIUM LONG RUN 1h 30min - 2h Steady/Endurance Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM <u>WORKOUT:</u> All in Z2. | RUN 60min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. | RUN 1h Steady/Endurance LOCATION: Capulet Sandgate TIME: 05:30 AM <u>WORKOUT:</u> All in Z2. Finish with: - Form Drills - 6 x 20s strides | REST DAY | MARATHON WORKOUT 2h 40min Tempo Marathon Workout LOCATION: Tinchi Tamba Wetlands- end of Wyampa Rd: https://goo.gl/maps/PbBqwBtWArtKvzJM9 TIME: 05:30 AM <u>WORKOUT:</u> - First 30 min in Z2 - 3 x 7km at Marathon effort with 1km jog between - Remainder (15-30min) in Z2 Coffee at The Bay Cafe after. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Strength Maintenance Phase | | OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. | | Notes - Marathon Workout #4 of 4. Plan your week around this key workout. - Last week of Period 3: Marathon Race Specific Power before Taper. Objectives: * Tolerate long durations at marathon intensity * Maintain stamina (Critical Speed) and VO2Max * Increase fatigue resistance, maintain mileage - Strength & Conditioning Maintenance Phase. Weight training once per week. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 20/22

12-Jun to 18-Jun

Taper

Maximum 7h 0min Running (-29%)

Events on this week:

* 17-Jun BERT Sandgate Parkrun Speed Week



| MONDAY 12 June | TUESDAY 13 June | WEDNESDAY 14 June | THURSDAY 15 June | FRIDAY 16 June | SATURDAY 17 June | SUNDAY 18 June |
|---|--|--|---------------------|--|--|--|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance | SPEED SESSION 1h Hard/Threshold | MID WEEK LONG RUN 1h 10min - 1h 30min Steady/Endurance | REST DAY | RUN 45min Steady/Endurance | SANDGATE PARKRUN SPEED WEEK 1h Race | LONG RUN 2h Steady/Endurance |
| <p>LOCATION: -</p> <p>TIME: -</p> <p><u>WORKOUT:</u></p> <p>Optional Z1-Z2 Run</p> <p>OR</p> <p>Cross Train</p> <p>OR</p> <p>Rest Day</p> | <p>Marathon/10km/5km Workout</p> <p>LOCATION: Sandgate Waterfront</p> <p>MBRR start</p> <p>TIME: 04:40 AM</p> <p><u>WORKOUT:</u></p> <p>Warm Up:</p> <p>15min in Z2, form drills, strides</p> <p>Main Set:</p> <p>- 2 sets of (</p> <p>3km @ Marathon pace</p> <p>500m @ 10km pace</p> <p>)</p> <p>- Optional: 3rd set of above</p> <p>- 3min jog</p> <p>- Optional: 3-5 x 1min @ 5km pace + 45s recovery</p> <p>Warm Down:</p> <p>15min in Z2</p> <p>MBRR Speed Session with Coach Christy</p> <p>Refer MBRR for details.</p> <p>OR</p> | <p>Working Class Rafter Run</p> <p>LOCATION: 4017 loop starting Ward/Kennedy St Sandgate</p> <p>TIME: 04:15 AM</p> <p><u>WORKOUT:</u></p> <p>All in Z2.</p> | | <p>LOCATION: Capulet Sandgate</p> <p>TIME: 05:30 AM</p> <p><u>WORKOUT:</u></p> <p>All in Z2.</p> <p>Finish with:</p> <p>- Form Drills</p> <p>- 6 x 20s strides</p> | <p>BERT Speed Week at Sandgate Parkrun as 5km race</p> <p>LOCATION: Sandgate parkrun</p> <p>ADP Sandgate</p> <p>TIME: 06:20 AM</p> <p><u>WORKOUT:</u></p> <p>5km race + warm up and down.</p> | <p>Long Run</p> <p>LOCATION: ADP Sandgate</p> <p>TIME: 05:30 AM</p> <p><u>WORKOUT:</u></p> <p>All in upper Z2.</p> <p>Coffee at The Bay Cafe after.</p> |
| | <p>OPTIONAL STRENGTH & CONDITIONING</p> <p>45min</p> <p>Strength Maintenance Phase</p> | | | | <p>Notes</p> <p>- Taper Time week 1 of 3</p> <p>- Strength & Conditioning Maintenance Phase. Weight training once per week.</p> | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 21/22

19-Jun to 25-Jun

Taper

Maximum 5h 50min Running (-41%)

Events on this week:



| MONDAY 19 June | TUESDAY 20 June | WEDNESDAY 21 June | THURSDAY 22 June | FRIDAY 23 June | SATURDAY 24 June | SUNDAY 25 June |
|---|--|--|---|--|---|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance | SPEED SESSION 1h Hard/Threshold | RUN 1h Steady/Endurance | RUN 50min Steady/Endurance | LITTLE MARATHON WORKOUT 55min Tempo | REST DAY | LAST LONG RUN 1h 20min Steady/Endurance |
| LOCATION: - TIME: - WORKOUT: Optional Z1-Z2 Run OR Cross Train OR Rest Day | Marathon/10km/5km Workout LOCATION: Sandgate Waterfront MBRR start TIME: 04:50 AM WORKOUT: Warm Up: 15min in Z2, form drills, strides Main Set: - 3-4 x 1km @ CS + 60s recovery - 16-20min @ Marathon pace Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. | Working Class Rafter Run LOCATION: 4017 loop starting Ward/Kennedy St Sandgate TIME: 04:15 AM WORKOUT: All in Z2. | MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM WORKOUT: All in Z2. | LOCATION: Capulet Sandgate TIME: 05:10 AM WORKOUT: Warm Up: 15min in Z2, form drills, strides Main Set: - 20min @ Marathon pace Warm Down: 15min in Z2 | | Long(ish) Run LOCATION: ADP Sandgate TIME: 05:30 AM WORKOUT: All in upper Z2. Coffee at The Bay Cafe after. |
| | OPTIONAL STRENGTH & CONDITIONING 45min Strength Maintenance Phase Reduce the number of reps and slight reduction in weight. | | | | Notes - Taper Time week 2 of 3 - Last Strength & Conditioning session. Reduce the number of reps and slight reduction in weight. | |

TRAINING PLAN

GOLD COAST MARATHON 2023

Week 22/22

26-Jun to 02-Jul

Race Week

Maximum 3h 5min Running (-68%)

Events on this week:

* 2-Jul Gold Coast Marathon



| MONDAY 26 June | TUESDAY 27 June | WEDNESDAY 28 June | THURSDAY 29 June | FRIDAY 30 June | SATURDAY 1 July | SUNDAY 2 July |
|--|--|--|--|------------------------|---|---|
| OPTIONAL RUN OR CROSS-TRAIN 30min - 40min Steady/Endurance | RACE WEEK SESSION 55min Tempo | RUN 40min Steady/Endurance | RUN 30min Steady/Endurance | REST/TRAVEL DAY | SHAKEOUT RUN 15-20min Steady/Endurance | GOLD COAST MARATHON 2023 Race |
| LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day | Race Week LOCATION: Sandgate Waterfront MBRR start TIME: 05:00 AM <u>WORKOUT:</u> Warm Up: 15min in Z2, form drills, strides Main Set: - 16-20min @ Marathon pace Warm Down: 15min in Z2 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSR Speed Session with Coach Carl Refer SRSR for details. | Working Class Rafter Run LOCATION: TBC TIME: TBC <u>WORKOUT:</u> All in Z2. | MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront MBRR start TIME: 05:00 AM <u>WORKOUT:</u> All in Z2. | | Pre-race shakeout LOCATION: - TIME: - <u>WORKOUT:</u> All in Z2. Swap with Friday and rest today if you prefer. | Race Day LOCATION: Gold Coast Marathon Race Precinct Southport TIME: 05:15 AM for 06:15 AM start <u>WORKOUT:</u> Warm Up: 8min in Z2, form drills Marathon |
| | | | | | Notes - Race Week- GET IN THERE - review your race plan - prepare race kit - sleep, rest & recover - drop weight training - carb load - nitrate load | |