



# BUSH TURKEY TRACK CLUB

## TRAINING PLAN

### GOLD COAST MARATHON 2025

6 July 2025

Number of weeks	Average hours per week	Average weekly mileage (estimated)
15	5h 37min – 7h 10min	69 – 91km
	Maximum hours per week	Maximum weekly mileage (estimated)
	7h 10min – 9h 0min	88 – 115km

#### LEGEND – WORKOUT INTENSITY AND TYPE

	Rest or Active Recovery– cross-train, short easy recovery jog or day off
	Z1 or Z2 Training Zone – Easy recovery and endurance running.
	Z3 Training Zone – Tempo. Threshold, marathon pace and steady state running.
	Z4 Training Zone – Hard. Above lactate threshold, Critical Velocity, 10k-5k effort running.
	Z5 Training Zone– Very Hard/VO2Max. 3-5k effort running.
	Hill repeats or hill sprints.
Race	Race (dark red)
Long Run	Long run (bold)
	Strides. Include 6-10 x 100m strides in the run.

Last updated 23-Mar-2025

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# WELCOME

We're excited! A rafter of turkeys training together for a marathon, does it get any better than this? This plan is an evolving document that will be continually updated throughout the season. The entire training plan is summarised on the next page, with weekly reviews and adjustments.

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.

While this plan offers guidance, it is not a substitute for a coach or an experienced athlete who understands their own body. If in doubt, consider hiring a coach.

## WHO IS THIS PLAN FOR?

This plan is designed for experienced intermediate to advanced runners preparing for the Gold Coast Marathon 2025.

### PREREQUISITES

- Able to run a sub-42 minute 10km.
- Consistently running at least 4-5 times per week and averaging 5+ hours per week for the past 8-12 weeks.
- Capable of completing a long run of 2+ hours.

### TRAINING LOAD

- Most weeks prescribe over 6 hours of running, typically 5 runs per week with an optional 6th easy run.
- Peak weeks reach 9 hours before taper.
- At least one rest day per week.

**This plan is a guide, not a one-size-fits-all approach. Adjust it to fit your fitness level and goals. If unsure, seek guidance from a coach.**

### IMPORTANT CONSIDERATIONS

- This plan assumes you are injury-free and have no medical conditions that could put you at risk. If in doubt, consult a healthcare professional.
- This plan does not guarantee results. Follow at your own risk.
- The plan will not be individualised for personal circumstances such as injuries, work, or life demands. If you

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## HOW TO USE THIS PLAN

This plan is designed to start from Week 1, but you can jump in at any point if your training volume and intensity match the corresponding period.

- Consider tune-up races. The plan incorporates suggested tune-up races, preparation and recovery. For alternative races, adjust the plan to suit.

- Workouts are prescribed using Training Zones and Critical Speed, based on effort rather than race pace. Calculate your Critical Speed and Training Zones using the Bush Turkey Track Club Running Calculator <https://www.bushturkey.club/running-calculator.html>

- Workouts are generally specified in minutes, not kilometres, to accommodate different fitness levels and goals.

- Adjust or omit optional runs based on your fitness and goals. Cross-training can be a substitute.

### PERIODIZATION

The plan is structured into macrocycles, each with a distinct focus:

**Period I Global Fitness (not included in the plan)** - Developed over summer through track season and the Bush Turkey Classic series, focusing on general running fitness and VO2 max.

**Period II Critical Speed** - Focuses on physiological limiters to race performance.

**Period III Marathon-specific fitness** - Continues the focus on physiological limiters, closely matching the specific demands of the race.

**Taper and race:** Shed fatigue, maintain marathon fitness, prepare to race.

### STRENGTH & CONDITIONING

Strength training is essential for performance and injury prevention. This plan assumes you are incorporating weight training and plyometrics to support marathon training.

A suggested number of strength and conditioning sessions each week is included in the plan but a strength and conditioning program is not provided. Consult a sports physiotherapist or strength coach for a tailored program.

### DOUBLES

The plan does not prescribe double runs, but you may incorporate optional extra 30-minute double runs based on your fitness and goals.



# Training Plan 2025

Date of 'A' race: **6-Jul-25**

Name of 'A' race: **Gold Coast Marathon 2025**

15 weeks 0 days to go



Week	Starting	Period	A Race Weeks to go	Workout Details							Events/Notes	Strength & conditioning	Min Weekly Volume (hr)	Max Weekly Volume (hr)	est. min mileage (km)	est. max mileage (km)	Run Volume (minutes)							Ramp Rate	weeks since deload
				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							M	Tu	W	Th	F	Sa	Su		
1	24-Mar-25	Critical Speed 1	14	Recovery 45min-1h OR cross-train OR rest day	Race week workout BTTC interval session (short option) OR 1h with 5 x 1km @ CS; 70-90s interval time	Endurance 1h 10min - 1h 20min	Recovery cross-train OR rest day	Endurance 1h	Recovery 40-50min OR cross-train OR rest day	Run Army 10km + wu/wd	30-Mar - Run Army 10km	Race week 0 sessions or 1 light session early in the week	4h 20min	6h 10min	53	79	60	60	80	0	60	50	60	0%	1
2	31-Mar-25	Recovery	13	Recovery 30-40min OR cross-train OR rest day	Endurance + speed 50min - 1h with 6-8 x 100m strides	Endurance 1h 10min - 1h 20min	Recovery cross-train OR rest day	Lactate threshold BTTC threshold session (short option) OR 1h with 16min threshold	Recovery 30-40min OR cross-train OR rest day	Long run 2h 10min - 2h 20min	Recovery week. Do less than what's on the plan if needed and prepare body and mind for the next 4 weeks of training.	2-3 sessions	5h 40min	7h 00min	69	89	40	60	80	0	60	40	140	14%	0
3	7-Apr-25	Critical Speed 2	12	Recovery 45min-1h OR cross-train OR rest day	VO2 max BTTC interval session OR 1h 10min with 6 x 800 @ 3-5k; 90s interval time 4 x 300 HAF	Endurance/med-long run 1h 10min - 1h 30min	Recovery cross-train OR rest day	Lactate threshold BTTC threshold session OR 1h - 1h 20min with 25-30min threshold	Recovery 40-50min OR cross-train OR rest day	Long run 2h 30min - 2h 40min		2-3 sessions	6h 40min	8h 30min	82	109	60	70	90	0	80	50	160	21%	1
4	14-Apr-25	Critical Speed 3	11	Recovery 45min-1h OR cross-train OR rest day	Endurance + speed 1h - 1h 10min with 6-8 x 100m strides	Med-long run 1h 30min - 1h 50min	Recovery cross-train OR rest day	Lactate threshold BTTC threshold session OR 1h - 1h 20min with 25-30min threshold	Recovery 40-50min OR cross-train OR rest day	Long run 2h 40min - 2h 50min		2-3 sessions	7h 10min	9h 00min	88	115	60	70	110	0	80	50	170	6%	2
5	21-Apr-25	Critical Speed 4	10	Recovery 45min-1h OR cross-train OR rest day	Critical Speed BTTC interval session OR 1h 10min with 5-6 x 1km @ CS; 70-90s interval time 4 x 300 HAF	Med-long run 1h 20min - 1h 40min	Recovery cross-train OR rest day	Lactate threshold BTTC threshold session OR 1h - 1h 20min with 25-30min threshold	Recovery 40-50min OR cross-train OR rest day	Long run 2h 50min - 3h	27-Apr - GC Running Festival Not in the plan but can be substituted for the planned half marathon with some adjustment to the program.	2-3 sessions	7h 10min	9h 00min	88	115	60	70	100	0	80	50	180	0%	3
6	28-Apr-25	Marathon 1	9	Recovery 45min-1h OR cross-train OR rest day	Critical Speed BTTC interval session OR 1h 10min with 5-6 x 1km @ CS; 70-90s interval time 4 x 300 HAF	Med-long run 1h 20min - 1h 40min	Recovery cross-train OR rest day	Endurance 1h 10min - 1h 20min	Recovery + speed 40-50min with 6-8 x 100m strides	Marathon Workout 2h 20min - 2h 30min with - First 30 min in Z2 - 6 x 3km at Marathon effort 1km float between - Remainder (15-30min) in Z2	4-May - Moreton Bay Road Runners Club Championship (half marathon) If you're a MBRR member and want to compete in the MBRR club championship, drop the marathon workout and do the event with a long warm up and warm down.	Maintenance 1 session	6h 30min	8h 20min	80	106	60	70	100	0	80	50	140	-7%	4

Training Plan 2025

Date of 'A' race: 6-Jul-25

Name of 'A' race: Gold Coast Marathon 2025

15 weeks 0 days to go



Week	Starting	Period	A Race Weeks to go	Workout Details							Events/Notes	Strength & conditioning	Min Weekly Volume (hr)	Max Weekly Volume (hr)	est. min mileage (km)	est. max mileage (km)	Run Volume (minutes)							Ramp Rate	weeks since deload
				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							M	Tu	W	Th	F	Sa	Su		
7	5-May-25	Recovery	8	Recovery 30-40min OR cross-train OR rest day	Endurance + speed 50min - 1h with 6-8 x 100m strides	Endurance 1h 10min - 1h 20min	Recovery cross-train OR rest day	Endurance 50min - 1h	Recovery 30-40min OR cross-train OR rest day	Long run 2h 10min - 2h 20min	Recovery week. Do less than whats on the plan if needed and prepare body and mind for the next 4 weeks of training.	Maintenance 2 sessions	5h 40min	7h 00min	69	89	40	60	80	0	60	40	140	-22%	0
8	12-May-25	Marathon 2	7	Recovery 45min-1h OR cross-train OR rest day	Critical Speed BTTC interval session OR 1h 10min with 5-6 x 1km @ CS; 70-90s interval time 4 x 300 HAF	Med-long run 1h 20min - 1h 40min	Recovery cross-train OR rest day	Endurance 1h 10min - 1h 20min	Recovery + speed 40-50min with 6-8 x 100m strides	Marathon Workout 2h 20min - 2h 30min with - First 30min in Z2 - 4 x 5km at Marathon effort with 1km float between - Remainder (15-30min) in Z2		Maintenance 1 session	6h 40min	8h 30min	82	109	60	70	100	0	80	50	150	-6%	1
9	19-May-25	Marathon 3	6	Recovery 45min-1h OR cross-train OR rest day	Critical Speed BTTC interval session OR 1h 10min with 4 x mile @ CS; 70-90s interval time	Med-long run 1h 30min - 1h 50min	Recovery cross-train OR rest day	Lactate threshold BTTC threshold session OR 1h 20min with 30-35min threshold	Recovery 40-50min OR cross-train OR rest day	Long run 37-39km	24-May - Noosa Half Marathon if doing Noosa Half Marathon, swap this week with next week	Maintenance 1 session	7h 00min	8h 50min	86	113	60	70	110	0	80	50	160	4%	2
10	26-May-25	Marathon 4	5	Recovery 45min-1h OR cross-train OR rest day	Race week workout BTTC interval session (short option) OR 1h with 5 x 1km @ CS; 70-90s interval time	Med-long run 1h 40min - 2h	Recovery cross-train OR rest day	Endurance + speed 1h with 6-8 x 100m strides	Recovery 30-40min OR cross-train OR rest day	Brisbane Half Marathon + wu/wd	1-Jun - Brisbane Half Marathon	Race week 0 sessions or 1 light session early in the week	5h 40min	7h 20min	69	94	60	60	120	0	60	40	100	-17%	3
11	2-Jun-25	Marathon & Recovery 5	4	Recovery 30-40min OR cross-train OR rest day	Endurance + speed 50min - 1h with 6-8 x 100m strides	Endurance 1h 10min - 1h 20min	Recovery cross-train OR rest day	Endurance 1h 10min - 1h 20min	Recovery 30-40min OR cross-train OR rest day	Marathon Workout 2h 20min - 2h 30min with - First 30min in Z2 - 3 x 7km at Marathon effort with 1km float between - Remainder (15-30min) in Z2	Deload/recovery first half of week. Do less than whats on the plan if needed and prepare for Sunday.	Maintenance 1 session	6h 10min	7h 30min	76	96	40	60	80	0	80	40	150	-15%	4

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				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							M	Tu	W	Th	F	Sa	Su		
12	9-Jun-25	Marathon 6	3	Recovery 45min-1h OR cross-train OR rest day	Critical Speed BTTC interval session OR 1h 10min with 6-7 x 1km @ CS; 70-90s interval time	Long run 1h 30min - 2h	Recovery cross-train OR rest day	Endurance + speed 1h - 1h 20min with 6-8 x 100m strides	Speed Week at Sandgate parkrun 5km + wu/wd	Long run 2h 40min	14-Jun - BERT Speed Week at Sandgate parkrun	Race week 0 sessions or 1 light session early in the week	7h 10min	8h 50min	88	113	60	70	120	0	80	40	160	0%	5
13	16-Jun-25	Taper 1	2	Recovery 45-50min OR cross-train OR rest day	Critical Speed + marathon pace BTTC interval session OR 1h 10min with 4 x 1km @ CS; 70-90s interval time 12-14min at marathon pace	Med-long run 1h 30min - 1h 40min	Recovery cross-train OR rest day	Marathon workout 1h 20min - 1h 30min with 12-14km at marathon effort	Recovery + speed 40-50min with 6-8 x 100m strides	Long run 2h 10min		Maintenance 1 session	6h 30min	8h 10min	80	104	50	70	100	0	90	50	130	-8%	0
14	23-Jun-25	Taper 2	1	Recovery 45-50min OR cross-train OR rest day	VO2max + marathon pace BTTC interval session OR 1h with 5-6 x 800 @ VO2max; 90s interval time 14-16min @ marathon pace	Endurance 1h 20min	Recovery cross-train OR rest day	Marathon workout 1h with 10-12km at marathon effort	Recovery + speed 40-50min with 6-8 x 100m strides	Med-long run 1h 45min		Maintenance 1 light session	5h 05min	6h 45min	62	86	50	60	80	0	60	50	105	-24%	0
15	30-Jun-25	Race Week	0	Recovery 30-40min OR cross-train OR rest day	Dress rehearsal 1h with 2 x 1min @ 5-10k effort 3km at marathon pace	Endurance 50min	Recovery rest day	Recovery 30-40min OR rest day	Shakeout 25-30min OR rest day	Gold Coast Marathon		Race week 0 sessions or 1 light session early in the week	2h 30min	3h 40min	31	47	40	60	50	0	40	30		-58%	1
	7-Jul-25	Recovery	0	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery			0h 00min	0h 00min	0	0								-100%	0

LEGEND - WORKOUT INTENSITY AND TYPE

	Rest or Active Recovery- cross-train, short easy recovery jog or day off
	Z1 or Z2 Training Zone - Easy recovery and endurance running.
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