



BUSH TURKEY TRACK CLUB

TRAINING PLAN

GOLD COAST MARATHON 2023

2 July 2023

Number of weeks	Average hours per week	Average weekly mileage (estimated)
22	5h 56min - 7h 25min	71 - 97km
	Maximum hours per week	Maximum weekly mileage (estimated)
	7h 45min - 9h 35min	93 - 125km

Last updated 19-Mar-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 an 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.

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>

Suggested Sports Dietician- Peta Carige

<https://petacarige.com/>

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>

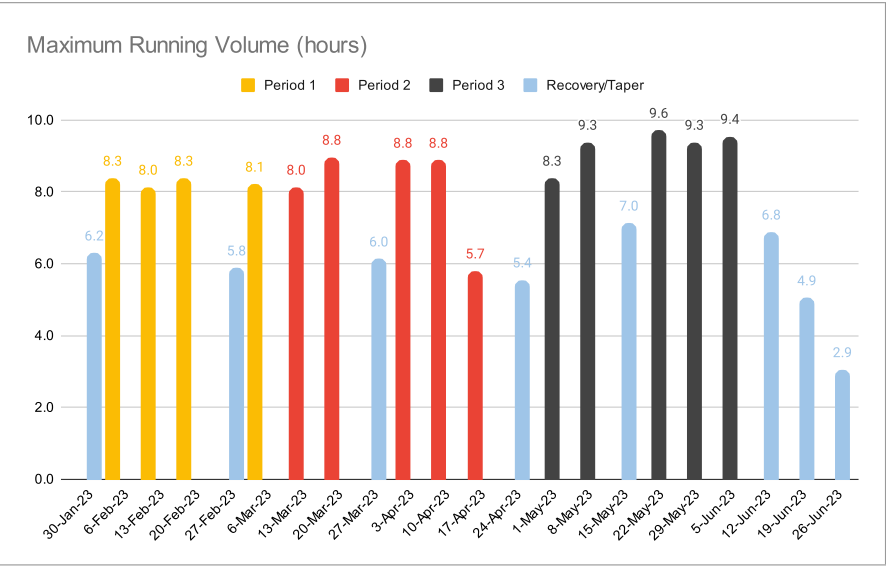


OVERVIEW

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	3 weeks	12-Jun-23	2-Jul-23	Taper
				Shed fatigue, maintain marathon fitness, prepare to race
				Write race plan, study course
				Rest, nutrition



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	30-60	65	80-100	90	60		150	6.9	8.8	-1%	83	114	
11	10-Apr-23	2.5	7	1	2	2	0		1. 6x1km@CS + 4xhill sprint 2. Long run + 3x2km @HM pace	30-60	65	80-100	90	150	60		6.9	8.8	-1%	83	114	
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	70		40	15	90	4.7	5.7	-35%	56	74	Half marathon
13	24-Apr-23	R	5	0	3	1	4		Recovery: cross-train, deload 1. moderate hilly long run		45	60	45	45		130	2.9	5.4	-38%	35	71	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. 4x1600@CS + 4x200 HAF 2. 20min WU + 25km race @ Z3 + fast finish	30-60	65	80-100	90	60		120	6.4	8.3	-6%	77	108	
15	8-May-23	3.2	7	1	1	0	0		1. Track: 7x1km@CS + HAF reps 2. hilly tempo 30min/3x10min tempo 3. hilly long run	30-60	70	80-105	90	70		160	7.4	9.3	12%	89	121	
16	15-May-23	3.3	6	0	1	0	0		1. Track: 8x1km@CS 2. optional 5 x hill sprints 3. marathon workout 6x2mi @ M pace	30-45	75	60	45	45		150	6.3	7.0	-24%	75	91	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. 4x(6min@M+2min@CS) 3. hilly long run	30-60	75	80-100	90	80		170	7.8	9.6	4%	93	125	
18	29-May-23	3.5	7	1	1	0	0	* 4-Jun Brisbane Marathon	1. Track: 3x1600@CS + 10min threshold 2. marathon workout 4x5km @ M pace	30-60	75	90-110	90	60		160	7.4	9.3	-3%	89	121	
19	5-Jun-23	3.6	7	1	1	0	0	* 11-Jun MBRR Jun 10km TT	1. Track: 3x1600@CS + 16min threshold 2. hilly med-long run 3. marathon workout 3x7km @ M pace	30-60	75	90-120	90	60		160	7.6	9.4	-2%	91	123	
20	12-Jun-23	Taper	6	0	1	0	0	* 17-Jun BERT Sandgate Parkrun Speed Week	Taper week 1 1. 3x(3km@M+500@CS) + 2x45s HAF 2. Parkrun 5km + WU/D	30-45	60	80		40	60	120	5.7	6.8	-30%	68	88	Taper
21	19-Jun-23	Taper	5	0	1	0	0		Taper week 2 1. 3x1km@CS + 20min@M pace 2. 80min 'long' run 3. drills + long strides to stay sharp	30-45	60	60		80	50		4.2	4.9	-48%	50	64	Taper
22	26-Jun-23	Race	5	0	1	0	1	* 2-Jul Gold Coast Marathon	Race Week 1. 15-20min@M pace 2. Gold Coast Marathon	30-40	45	40	30		20		2.3	2.9	-69%	27	40	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 Steady/Endurance LOCATION: - TIME: - <u>WORKOUT:</u> Optional Z1-Z2 Run OR Cross Train OR Rest Day	SPEED SESSION 1h Hard/Threshold 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	OPTIONAL RUN OR CROSS-TRAIN 1h Steady/Endurance 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	OPTIONAL RUN OR CROSS-TRAIN 45min Steady/Endurance 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	RUN 40min 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	LONG RUN 2h Steady/Endurance 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. QR SRSR Speed Session with Coach Carl Refer SRSR for details. QR 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 LOCATION: - TIME: - WORKOUT: Optional Z1-Z2 Run OR Cross Train OR Rest Day	RUN 50min Steady/Endurance LOCATION: Sandgate Waterfront MBRR Start TIME: 05:00 AM WORKOUT: 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 30min Race Queensland Athletics 3000m Champs LOCATION: QSAC TIME: 5:30 PM WORKOUT: 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) WORKOUT: Saturday Sandgate parkrun as 5km <i>Threshold</i> + warm up and down. OR Friday 5km Threshold + warm up and down.	REST DAY	OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance LOCATION: Capulet Sandgate TIME: 05:30 AM WORKOUT: Optional Z1-Z2 Run OR Cross Train OR Rest Day	OPTIONAL RUN OR CROSS-TRAIN 30min - 45min Steady/Endurance LOCATION: - TIME: - WORKOUT: Optional Z1-Z2 Run OR Cross Train OR Rest Day OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase	FOREST LONG RUN 2h 10min Steady/Endurance LOCATION: Beerburum East State Forest https://goo.gl/maps/L3fUXrzu2RPXcPf97 TIME: 05:20 AM WORKOUT: 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 WORKOUT: 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 Srength & 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 NUDGE 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: - WORKOUT: 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 WORKOUT: 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 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 - Plyometrics - 6 x 20s strides	THRESHOLD RUN 1h 10min Tempo LOCATION: Capulet Sandgate TIME: 05:30 AM WORKOUT: 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 Long Run TBC LOCATION: TBC TIME: TBC WORKOUT: All in upper Z2.
	OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase		OPTIONAL DOUBLE RUN OR CROSS-TRAIN 30min Steady/Endurance LOCATION: - TIME: - WORKOUT: 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 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 WORKOUT: 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 MBRR Speed Session with Coach Christy Refer MBRR for details. OR SRSP Speed Session with Coach OPTIONAL STRENGTH & CONDITIONING 45min Muscular Strength & Power Phase	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 45min Steady/Endurance MBRR Session with Coach Brenton LOCATION: Sandgate Waterfront TIME: 05:00 AM <u>WORKOUT:</u> All in Z2.	RUN 50min Steady/Endurance LOCATION: Capulet Sandgate TIME: 05:30 AM WORKOUT: All in Z2. Finish with: - Form Drills - Plyometrics - 6 x 20s strides	REST DAY	MORETON BAY ROAD RUNNERS 10KM TT 1h Race 10km Time Trial LOCATION: TBC 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
					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 19/22

05-Jun to 11-Jun

Period 3 Week 6

Maximum 9h 25min Running (-2%)

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 15min Hard/Threshold MBRR Speed Session with Coach Christy Refer MBRR for details. SRSR Speed Session with Coach Carl Refer SRSR for details. OR Track Tuesday LOCATION: Nudgee Track TIME: 04:50 AM <u>WORKOUT:</u> Warm Up: 15min in Z2 Form drills Strides Main Set: 3 x 1600 @ CS + 60s recovery 16min @ threshold Warm Down: 15min in Z2	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. OR Reasonable Hour Run LOCATION: ??? TIME: ??? <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> Finish with: 20s strides	REST DAY	MARATHON WORKOUT 2h 40min Tempo LOCATION: McPherson Park Bracken Ridge TIME: 04:50 AM <u>WORKOUT:</u> Warm Up: 40min in Z2 Main Set: 3 x 7km @ marathon effort + 5min jog between Warm Down: Remainder of run (approx. 30min) in Z2
	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 3. 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.	