

5km

Training Phase

Base (4 weeks)

Build 1 (three to four weeks)

Build 2 (three to four weeks)

Peak (four weeks)

Speed Workouts

Four to 12 hill sprints

Four to 12 x 400 metres @ 1500 metre pace with two minute recovery

Three to 6 x 600 metres @ 3K pace with three minute recovery

Two to five x 1000 metres @ 5K pace with three minute recovery

Distance Workouts

8-to-16K variable pace run

6-to-20K @ marathon pace

5-to-12K @ half marathon pace

3-to-8K @ 10K pace

10K

Base (four to six weeks)

Build 1 (four weeks)

Build 2 (four weeks)

Peak (four weeks)

Four to 12 x 400 metres @ 1500 metre pace with two minute recovery

Three to 6 x 600 metres @ 3K pace with three minute recovery

Two to five x 1000 metres @ 5K pace with three minute recovery

Two to five x 2K @ 10K pace with four minute recovery

8-to-16K variable pace run

6-to-20K @ marathon pace

5-to-12K @ half marathon pace

3-to-8K @ 10K pace

Half Marathon

Base (six to eight weeks)

Build 1 (four weeks)

Build 2 (four weeks)

Peak (four to six weeks)

Four to 12 x 400 metres @ 1500 metre pace with two minute recovery

Three to 6 x 600 metres @ 3K pace with three minute recovery

Two to five x 1000 metres @ 5K pace with three minute recovery

Two to five x 2K @ 10K pace with four minute recovery

8-to-14K @ a steady aerobic pace

9-to-19K variable pace run

6-to-20K @ marathon pace

5-to-12K @ half marathon pace

Marathon

Base (six to eight weeks)

Build 1 (four weeks)

Build 2 (four weeks)

Peak (six weeks)

Three to 6 x 600 metres @ 3K pace with three minute recovery

Two to five x 1000 metres @ 5K pace with three minute recovery

Three to eight kilometres @ 10K pace

Five to 12K @ half marathon pace

10-to-20K @ a steady aerobic pace

16-to-25K @ a steady aerobic pace

10-to-20K variable pace run* or 22 to 32 K @ a steady aerobic pace

6-to-20K @ marathon pace* or 25-to-38K @ a steady aerobic pace

***Beginner and Intermediate runners:** Alternate between these two workouts every other week. **Advanced runners:** Do both of these workouts once a week