



# CAIRNS MARATHON

& community run festival

The purpose of a training guide is to keep you on track to achieve your goals. The best way to stay on track is to remain consistent; in your training, in your stretching, recovery and diet. Time and distance will get you across the line, consistency will help you achieve your goals.

## **X-TRAINING/REST = 50% EFFORT**

For a runner, rest days are as important as night is to day. Recover, rejuvenate and absorb the training. X-Training too allows the body to recuperate and use different muscle groups. Plus you'll stay fresh and motivated.

## **EASY = 60% EFFORT**

Easy or recovery runs should feel relaxed. If you can easily hold a conversation you're going at the right pace. If you're new to running slow down and walk if necessary. This is a great opportunity to visualise race day.

## **STEADY = 70% EFFORT**

This is the key to marathon success. Gradually build your time spent running allowing your body to adapt. Test your race day shoes, socks, running apparel, nutrition and hydration. These are key sessions, try not to miss them and rope in friends and family for company.

## **UNDULATING = 70% EFFORT**

Introducing rolling hills or inclines into your program activates different muscle groups and encourages speed and strength in your key running muscles. Add a few cheeky hills to your session and race day will be that much easier.

## **FARTLEK = 70%-90% EFFORT**

Swedish for "speed play" Fartlek training is a continuous, unstructured session switching between moderate and hard efforts. Run faster for short burst (use trees or signposts) followed by easy-effort running to recover.

## **RACE PACE = 80% EFFORT**

Some efforts in this guide call for "race pace", which means running at the speed you could hold for your chosen event (not what you'd like to run). For example if you can run 10km in 50mins, your 10km race pace is 5min/km.

## **ABOVE RACE PACE = 90% EFFORT**

Efforts done above your race pace extend your body, increase cardio-vascular performance and introduce speed into the program. Think of it as getting comfortable with being uncomfortable.





## 7 CAIRNS MARATHON

## ADVANCED 16-WEEK TRAINING GUIDE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	X-Train 45-60mins	Easy 45mins	REST	Easy 45mins	REST	Total 45mins Incl 10mins tempo at 10km/race pace	Easy 50mins
2	X-Train 45-60mins	Tempo 50mins	REST	Total 50mins Incl 8 x 45sec efforts above race pace	REST	Total 45mins Incl 5 x 60sec efforts at 10km/race pace	Easy 60mins
3	X-Train 45-60mins	Fartlek 60mins	REST	Total 55mins Incl 8 x 60sec hills/jog recovery	REST	Easy 45mins	Easy 70mins
4	X-Train 45-60mins Recovery week	Undulating 60mins	REST	Total 45mins Incl 8 x 60sec efforts above race pace	REST	Total 45mins Incl 5 x 60sec efforts at 10km/race pace	Easy 75mins
5	X-Train 45-60mins	Easy 60mins	REST	Easy 50mins	REST	Total 50mins 25mins out and back -ve split	Easy 90mins
6	X-Train 45-60mins	Tempo 60mins	REST	Total 55mins Incl 4 x 2min hills/jog recovery	REST	Easy 45mins	Easy 1hr45mins
7	X-Train 45-60mins	Fartlek 60mins	REST	Easy 60mins	REST	REST	Easy 2hrs or half marathon race Practice nutrition/hydration
8	X-Train or Rest if you raced Recovery week	Easy 60mins	REST	Total 50mins 25mins out and back -ve split	REST	Total 45mins Incl 4 x 2min efforts at 10km/race pace	Easy 90mins
9	X-Train 45-60mins	Undulating 50mins	REST	Easy 50mins	REST	REST	Easy 2hrs30mins Race pace last 15mins Practice race day outfit
10	X-Train 45-60mins	Tempo 60mins	REST	Total 55mins Incl 4 x 3min hills/jog recovery	REST	Total 45mins Incl 15mins tempo at 10km/race pace	Easy 2hrs
11	X-Train 45-60mins	Fartlek 60mins	REST	Total 60mins 30mins out and back -ve split	REST	Rest or easy 30mins	Easy 2hrs45mins Race pace last 15mins Test race day shoes + clothing
12	X-Train 45-60mins Recovery week	Easy 60mins	REST	Total 60mins Incl 4 x 3min race pace efforts	REST	Total 45mins Incl 4 x 3min efforts at 10km/race pace	Easy 2hrs
13	X-Train 45-60mins	Undulating 60mins	REST	Total 60mins 30mins out and back -ve split	REST	Rest or easy 30mins	Easy 3hrs Race pace last 15mins Test race day everything
14	X-Train 45-60mins	Fartlek 60mins	REST	Total 60mins Incl 5 x 3min race pace efforts	REST	Total 40mins 20mins out and back -ve split	Easy 1hr45mins
15	REST	Flat 50mins	REST	Total 50mins Incl 5 x 60sec above race pace efforts	REST	Easy 40mins	Easy 60mins
16	REST Recovery week	Easy 40mins	REST	Total 30mins Incl 5 x 30sec above race pace efforts	REST	Easy 20mins	RACE DAY