

DCR - 12 week 14 km Training Program - Great Ocean Road Marathon 2019

14km marathon plan for beginners to intermediate runners. If you need assistance or advice please chat to one of the DCR coaches. Ann Rust (Coach)

Week	Week Commencing	Skills - Speed/Endurance/Hills*	Tempo/Pace/Hills**	Strength Training	Absorption Run***	Long Run#	Notes/Events
0	18-Feb-18	Check timetable	4kms	1-2 times per week	4kms	5km	Rollercoaster 23 February
1	25-Feb-18	Check timetable	4kms	1-2 times per week	4kms	6km	12 WEEK TRAINING PROGRAM STARTS HERE
2	04-Mar-18	Check timetable	4kms	1-2 times per week	5kms	7km	
3	11-Mar-18	Check timetable	6kms	1-2 times per week	5kms	5km	
4	18-Mar-18	Check timetable	5kms	1-2 times per week	5kms	7km	Relay for Life 23 March
5	25-Mar-18	Check timetable	5kms	1-2 times per week	5kms	8km	
6	01-Apr-18	Check timetable	5kms	1-2 times per week	6kms	9km	Run for the Kids - Sunday 7 April
7	08-Apr-18	Check timetable	5kms	1-2 times per week	5kms	6km	
8	15-Apr-18	Check timetable	5kms incl hills	1-2 times per week	6kms	10km	EASTER
9	22-Apr-18	Check timetable	6kms incl hills	1-2 times per week	6kms	11km	Maroondah Dam trail run - Sunday 28th April
10	29-Apr-18	Check timetable	6kms incl hills	1-2 times per week	6kms	12km	Great Train Race 5 May. TAPER begins
11	06-May-18	Check timetable	6kms incl hills	1-2 times per week	3kms	7km	Mother's Day Classic - Sunday 12th May
12	13-May-18	Check timetable	3km Easy run	1-2 times per week	5kms very easy	RACE DAY - 14km	

Legend

* Skills	Skills Session :These are linked to the DCR Tuesday Skills Session. Check DCR website for current info.
** Tempo Run	1km warm up, 1km cool down and the remainder of the distance at 10km race pace, ie 20-30 seconds slower than 5km race pace. Effort should be 'comfortably hard'.
*** Absorption Run	An very easy 'conversational' pace run to allow your body to actively recover. Easiest run of the week
# Long Run	Run between 45 - 60 seconds slower than anticipated race pace. You should be able to hold a conversation comfortably. Key is time on feet not speed! Try and mimic race day terrain by seeking some hills as part of your long run.

Skills Session Info

Fartlek	Speed play at intervals over the specified distance. We will offer Mona Fartlek, Deek's Quarter's and Whistle Fartlek
Pyramid	Run at hard pace for 1 minute then recovery (walk or easy run for 1 minute), Run at hard pace for 2 minutes (then
Hills	Run up a hill of medium gradient (not too steep) for approx 30sec. Jog down. 4-8 repetitions.
Indian File	20min run with short surges every 100m or so. As a group, run in single file and surge when you get to the back of
Reducing Recoveries	2min30sec repetitions at recent 5k Parkrun pace minus 12secs. Recovery (walk/jog) starts at 100sec, then gradually
Relay	400m reps at faster than 5km Parkrun pace, approx 5 repetitions with around 4min non-active recovery.
Gear Shifter	6 repeats of 2min jog, 1min fast running, 30sec fastest running (cannot talk)
Double Trouble	2x5min, 2x4min, 2x3min runs at 5k/pace, 90sec jog/walk recovers
Reducing Recoveries Pyramid	Two sets of: 30sec fast runs with recovery reducing in 15sec increments from 2min - 15sec jog/walk. 5-10min break b/w sets

Notes

- 12 week program better suited to those who have a comfortable 5km base and have ideally run 10kms previously
 - These plans are to be treated as weekly not daily. There is no set day each week that we recommend doing these sessions. Training for a half
 - As part of this plan we recommend a day of complete REST (ideally after your long run day) and non-impact cross/strength training in the days
 - A key point to remember when training is that you are predominantly training for distance (not speed). Long slow runs are about time on your feet and are made to build endurance not speed. Skills sessions and tempo runs improve times. You need to work in different zones to bring the race together on the day and be injury free. Listen to your body, if you need to rest, rest, missing a run is ok, there is plenty of training in the plan to get you ready for the day. Aim to run at least 3 days per week. If you feel soreness in a specific spot each time you run rest and recover as you will just be further injuring your body. No race is worth an injury. No training is ever wasted. Sometime refocusing on the goal may be needed ie choose a shorter race distance.
 - To find your 5km /10km race pace - look at the time you completed your last 5km 10km race and what pace you did to achieve this. Eg: a 60
- *This race has a few small hills so we will incorporate some hill work a couple of weeks out from race

Strength Training Ideas

Strength training is an important part of running
Below are some suggestions for strength exercises. Visit Runners World for videos on how to perform these exercises correctly and suggested reps.
www.runnersworld.com/strength-training/10-essential-strength-exercises-for-runners

- Planks
- Lower-Body Russian Twist
- Scorpion
- Back Extensions
- Kettlebell Squats With Overhead Press

The DCR Coaching Team are always happy to help. If you have any questions about training, please email dcrcoaching@gmail.com