

## DCR - 12 week 14 km Training Program - Great Ocean Road Marathon 2020

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

Week	Week Commencing	Skills - Speed/Endurance/Hills*	Tempo/Pace/Hills**	Strength Training	Recovery Run***	Long Run#	Notes/Events
1	24-Feb-20	Hill Repeats	4kms	1-2 times per week	4kms	6km	Relay for Life Diamond Valley Sat 29 February
2	02-Mar-20	Check timetable	4kms	1-2 times per week	5kms	7km	
3	09-Mar-20	Check timetable	6kms	1-2 times per week	5kms	5km	
4	16-Mar-20	Check timetable	5kms	1-2 times per week	5kms	7km	
5	23-Mar-20	Check timetable	5kms	1-2 times per week	5kms	8km	Run for the Kids Sun 29 March
6	30-Mar-20	Check timetable	5kms	1-2 times per week	6kms	9km	
7	06-Apr-20	Check timetable	5kms	1-2 times per week	5kms	6km	
8	13-Apr-20	Check timetable	5kms incl hills	1-2 times per week	6kms	10km	Rollercoaster Run 18 April
9	20-Apr-20	Check timetable	6kms incl hills	1-2 times per week	6kms	11km	Maroondah Dam trail run - Sunday 26 April
10	27-Apr-20	Check timetable	6kms incl hills	1-2 times per week	6kms	12km	Great Train Race 3 May. TAPER begins
11	04-May-20	Check timetable	6kms incl hills	1-2 times per week	3kms	7km	Mother's Day Classic - Sunday 10 May
12	11-May-20	Check timetable	3km Easy run	1-2 times per week	5kms very easy	<b>RACE DAY - 23kms</b>	
13	18-May-20	Rest	Rest	Rest	Walk 3-5 kms	Slow 5kms	Recovery week - treat yourselves!

### Legend

<b>* Skills</b>	Skills Session :These are linked to the DCR Tuesday Skills Session. Check DCR website for current info.
<b>** Tempo Run</b>	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'.
<b>*** Recovery Run</b>	A very easy 'conversational' pace run to allow your body to actively recover. Do after previous long run.
<b># Long Run</b>	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

<b>Fartlek</b>	Speed play at intervals over the specified distance. We will offer Mona Fartlek, Deek's Quarter's and Whistle Fartlek as part of our skills sessions.
<b>Pyramid</b>	Run at hard pace for 1 minute then recovery (walk or easy run for 1 minute), Run at hard pace for 2 minutes (then 2min recovery), Then 3min hard (2min recovery), 4 minutes hard (2min recovery). Then reduce to 3min, 2min and finally 1min.
<b>Hills</b>	Run up a hill of medium gradient (not too steep) for approx 30sec. Jog down. 4-8 repetitions.
<b>Indian File</b>	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 the line so you end up at the front.
<b>Reducing Recoveries</b>	2min30sec repetitions at recent 5k Parkrun pace minus 12secs. Recovery (walk/jog) starts at 100sec, then gradually gets shorter by 15seconds, until it's finally only 20seconds! Approx 7 reps.
<b>Relay</b>	400m reps at faster than 5km Parkrun pace, approx 5 repetitions with around 4min non-active recovery.
<b>Gear Shifter</b>	6 repeats of 2min jog, 1min fast running, 30sec fastest running (cannot talk)
<b>Double Trouble</b>	2x5min, 2x4min, 2x3min runs at 5k/pace, 90sec jog/walk recovies
<b>Reducing Recoveries Pyramid</b>	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 marathon needs to be flexible to accommodate weather conditions (below zero anyone?), how you are feeling and the day-to-day demands of life!
- 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 you are not
- 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 minute (1 hour) 10km run is a 6.00min per km pace

**\*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](http://www.runnersworld.com/strength-training/10-essential-strength-exercises-for-runners)

- Planks
- Lower-Body Russian Twist
- Scorpion
- Back Extensions
- Kettlebell Squats With Overhead Press
- Overhead Lunge
- Stability Ball Jackknife
- Stability Ball Hip Extension
- Rotational Shoulder Press
- Alternating Dumbbell Row



The DCR Coaching Team are always happy to help. If you have any questions about training , please email [dcrc coaching@gmail.com](mailto:dcrc coaching@gmail.com)