

## DCR - 12 & 16 week Marathon Training Program - Great Ocean Road Marathon 2020

This plan is a general marathon plan. If this is your first marathon or you are aiming for a PB, you may want to tweak the plan to suit your needs. If you need assistance, please chat to one of the DCR coaches.

| Week | Week      | Skills - Speed/Endurance/Hills* | Tempo/Pace**     | Strength Training  | Recovery Run*** | Long Run#                 | Notes/Events  |
|------|-----------|---------------------------------|------------------|--------------------|-----------------|---------------------------|---|
| 1    | 27-Jan-20 | 400s increasing pace            | 5kms             | 1-2 times per week | 5kms            | 17kms                     |   |
| 2    | 03-Feb-20 | Gear shifter                    | 8kms (or Hills)  | 1-2 times per week | 5kms            | 19kms                     |   |
| 3    | 10-Feb-20 | Whistle fartlek                 | 11kms            | 1-2 times per week | 5kms            | 21kms                     |   |
| 4    | 17-Feb-20 | Double up                       | 5kms (or Hills)  | 1-2 times per week | 5kms            | 17kms                     |   |
| 5    | 24-Feb-20 | Hill repeats                    | 8kms             | 1-2 times per week | 8kms            | 20kms                     | Relay for Life Diamond Valley Sat 29 February. 12-week starts here. |
| 6    | 02-Mar-20 | Check timetable                 | 8kms (or Hills)  | 1-2 times per week | 8kms            | 23kms                     |   |
| 7    | 09-Mar-20 | Check timetable                 | 13kms            | 1-2 times per week | 8kms            | 26kms                     |   |
| 8    | 16-Mar-20 | Check timetable                 | 15kms (or Hills) | 1-2 times per week | 8kms            | 16kms                     |   |
| 9    | 23-Mar-20 | Check timetable                 | 5kms             | 1-2 times per week | 8kms            | 27kms                     | Run for the Kids Sun 29 March                                       |
| 10   | 30-Mar-20 | Check timetable                 | 8kms (or Hills)  | 1-2 times per week | 8kms            | 29kms                     |   |
| 11   | 06-Apr-20 | Check timetable                 | 13kms            | 1-2 times per week | 8kms            | 32kms                     |   |
| 12   | 13-Apr-20 | Check timetable                 | 8kms (or Hills)  | 1-2 times per week | 8kms            | 24kms                     | Rollercoaster Run 18 April  |
| 13   | 20-Apr-20 | Check timetable                 | 8kms             | 1-2 times per week | 8kms            | 35kms                     | Maroondah Dam trail run - Sunday 26 April. TAPER begins.            |
| 14   | 27-Apr-20 | Check timetable                 | 11kms (or Hills) | 1-2 times per week | 8kms            | 25kms                     | Great Train Race 3 May.   |
| 15   | 04-May-20 | Check timetable                 | 8kms             | 1-2 times per week | 5kms            | 18kms                     | Mother's Day Classic - Sunday 10 May                                |
| 16   | 11-May-20 | Check timetable                 | Easy run (8kms)  | 1-2 times per week | 5kms            | <b>RACE DAY - 44.5kms</b> |   |
| 17   | 18-May-20 | Rest                            | Rest             | Rest               | Walk 5kms       | Jog 5kms                  | Rest week VERY important  |

| Legend                  |  |
|-------------------------|--|
| <b>* Skills</b>         | These are linked to the DCR Tues Skills Session. They are subject to change so check DCR website or Team App   |
| <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         |
| <b>*** Recovery Run</b> | An easy 'conversational' pace run to allow your body to actively recover   |
| <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! |

| 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   |

**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 |  |
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| •     | 16 week program recommended for those who are able to run 15 - 18kms comfortably and want to build to their first marathon   |
| •     | 12 week program better suited to those who have completed at least one or two half marathons and have a reasonable 21.1km base at the start of the program                           |
| •     | 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        |
| •     | 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 running. Pilates, Yoga or  |
| •     | A key point to remember when training for a marathon is that you are predominantly training for distance (not speed). This is why long slow runs are the pillar of any half marathon |
| •     | To find your 10km race pace - look at the time you completed your last 10km race (or PB 10km) and what pace you did to achieve this. Eg, a 60 minute (1 hour) 10km run is a          |

**\*This is a hilly event - incorporate hills into your Plan at least once per week. Ensure your long runs are also hilly.\***

| Strength Training Ideas  |  |
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| Strength training is an important part of running and of a marathon plan. Below are some suggestions for strength exercises. Visit Runners World for videos on how to perform these exercises correctly and suggested reps. <a href="http://www.runnersworld.com/strength-training/10-essential-strength-exercises-for-runners">www.runnersworld.com/strength-training/10-essential-strength-exercises-for-runners</a> |  |
| <ul style="list-style-type: none"> <li>- Planks</li> <li>- Lower-Body Russian Twist</li> <li>- Scorpion</li> <li>- Back Extensions</li> <li>- Kettlebell Squats With Overhead Press</li> <li>- Overhead Lunge</li> <li>- Stability Ball Jackknife</li> <li>- Stability Ball Hip Extension</li> <li>- Rotational Shoulder Press</li> <li>- Alternating Dumbell Row</li> </ul>   |  |



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