

Intermediate adidas Quarter Marathon 2010 Training Guide

www.aucklandmarathon.co.nz



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
week 1	20 min jogging	35 min include 20 minutes 'up tempo'	20 min jogging	35 min steady	REST	45 min steady	20 min jogging
week 2	25 min jogging	40 min include 20 minutes 'up tempo'	25 min jogging	40 min steady	REST	45 min steady	25 min jogging
week 3	25 min jogging	40 min include 20 minutes 'up tempo'	25 min jogging	40 min steady	REST	45 min steady	30 min jogging
week 4	30 min jogging	45 min include 20 minutes 'up tempo'	30 min jogging	50 min steady	REST	45 min steady	35 min jogging
week 5	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard, 90 sec jog, 2 min hard, 1 min jog, 1 min hard... warm down	35 min jogging	50 min steady	REST	55 min steady	35 min jogging
week 6	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard, 90 sec jog, 2 min hard, 1 min jog, 1 min hard... warm down	35 min jogging	60 min include 20 minutes 'up tempo'	REST	55 min steady	35 min jogging
week 7	REST	40 min steady	35 min jogging	40 min 4 min hard, 2 min jog, 3 min hard, 90 sec jog, 2 min hard, 1 min jog, 1 min hard... warm down	35 min jogging	60 min steady	Rest
week 8	40 min 2 min hard, 2 min jog, 3 min hard, 90 sec jog, 1 min hard, 1 min jog, 1 min hard... warm down	35 min jogging... include 3 x 15 second sprints	50 min steady	35 min jogging	30 min warm up...90 sec hard, 45 sec easy x 5... warm down	Rest	5 x 3 min 2 min hard, 2 min jog, 3 min hard, 90 sec jog, 1 min hard, 1 min jog, 1 min hard... warm down
week 9	35 min jogging	60 min steady	REST	REST	35 min jogging... include 4 x 30 sec sprints	60 min steady	35 min jogging... include 5 x 30 sec sprints
week 10	REST	40 min jogging... include 5 x 15 second sprints	35 min jogging... include 2 x 15 second sprints	30 min jogging	REST jogging	20 min jogging, or complete rest	RACE 31 Oct 2010

pace	example
jogging	very light running and conversation easy
run	you should be in control of your breathing and be able to just hold a conversation
sprints	all out