



Training Guide

28.7km, 16 Weeks

By now you will have achieved some fitness gains and may start to notice that the pace of your easy runs is a little faster. You've established a good base to build on. We now add in some variable speed training and the volume increases. We continue to use RPE as a guide. A good warm up and warm down should be included before and after the Tuesday and Thursday sessions to make them approximately 45 minutes in duration. Your long run should be on terrain similar to that you will experience on race day, if you

can access it training on the course is ideal. Aim to complete a different section each time. Practice your hydration and nutrition and test out the gear you will use on race day. Most of all enjoy the process.

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Australian Representative and Record Holder (100 miles, 15 hours 33 minutes 56 seconds)



Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3rd June	Rest	Hill Repeats RPE 8 or 9 10 x 30 seconds jog recovery	Recovery run 30 minutes	Tempo RPE 7 5 x 2 minutes/ 2 minute recovery	Rest	parkrun	Long Run RPE 5 or 6 90 minutes
10th June	Rest	Hill Repeats RPE 8 or 9 6 x 30 seconds 4 x 1 minute jog recovery	Recovery run RPE 5 30 minutes	Tempo RPE 7 5 x 3 minutes/ 2 min recovery	Recovery run RPE 5 30 minutes	Rest Day	Long Run RPE 5 or 6 1 hour 45 minutes
17th June	Rest	Hill Repeats RPE 8 or 9 6 x 30 seconds 6 x 1minute jog recovery	Recovery run RPE 5 30-45 minutes	Tempo RPE 7 3 x 5 minutes/ 3 min recovery	Recovery run RPE 5 30-45 minutes	Rest Day	Long Run RPE 5 or 6 2 hours
24th June	Rest	Easy Paced Run RPE 5 1 hour	Recovery run RPE 5 30-45 minutes	Tempo RPE 7 3 x 6 minutes/ 3 min recovery	Recovery run RPE 5 30-45 minutes	Rest Day	Easy Run RPE 5 or 6 1 hour 15 minutes

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st July	Rest	Hill Repeats RPE 8 or 9 6 x 1 minute jog recovery	Recovery run 30 minutes	Tempo RPE 7 3 x 5 minutes/ 2 ½ minutes recovery	Rest	parkrun	Long Run RPE 5 or 6 90 minutes
8th July	Rest	Hill Repeats RPE 8 or 9 8 x 1 minute jog recovery	Recovery run RPE 5 30 minutes	Tempo RPE 7 5 x 4 minutes/ 2 min recovery	Recovery run RPE 5 30 minutes	Rest Day	Long Run RPE 5 or 6 1 hour 45 minutes
15th July	Rest	Hill Repeats RPE 8 or 9 4 x 1 minute 4 x 2 minutes jog recovery	Recovery run RPE 5 30-45 minutes	Tempo RPE 7 4 x 6 minutes/ 3 min recovery	Recovery run RPE 5 30-45 minutes	Rest Day	Long Run RPE 5 or 6 2 hours
22nd July	Rest	Hill Repeats RPE 8 or 9 5 x 2 minutes 5 x 1 minute jog recovery	Recovery run RPE 5 30-45 minutes	Tempo RPE 7 3 x 7 minutes/ 3 min recovery	Recovery run RPE 5 30-45 minutes	Rest Day	Long Run RPE 5 or 6 2 ½ hours

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29th July	Rest	Intervals 10 x 1 minute @RPE 9 1 min walk/jog recovery	Recovery run 45 minutes	Progressive Run 20 min @RPE 6 20 min @RPE 7 20 min @REP 8	Rest	parkrun	Long Run RPE 5 or 6 90 minutes
5th August	Rest	Intervals 4,3,2,1 min @RPE 8 1 min walk/jog recovery in between	Recovery run RPE 5 45 minutes	Tempo 3 x 7 minutes 5 min @RPE 7 2 min @RPE 9 2 min recovery in between	Rest	Easy run RPE 4 30 minutes	Long Run RPE 5 2 hours
12th August	Rest	Intervals 12 x 1 minute @RPE 9 1 min walk/jog recovery	Recovery run RPE 5 45 minutes	Tempo 2 x 10 minutes RPE 8 2 min recovery in between	Rest	Easy run RPE 4 30 minutes	Long Run RPE 5 2 ½ hours
19th August	Rest	Intervals 4, 3, 2, 2, 1, 1 min @RPE 8 1 min walk/jog recovery in between	Recovery run RPE 5 45 minutes	Tempo 3 x 8 minutes RPE 8 2 minutes recovery in between	Rest	Easy run RPE 4 30 minutes	Long Run RPE 5 3 hours

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26th August	Rest	Intervals 4, 3, 2, 1 min @RPE 8 1 min walk/jog recovery in between	Recovery run @RPE 5 30 minutes	Tempo 2 x 12 minutes RPE 8 3 min recovery in between	Rest	parkrun	Long Run RPE 5 90 minutes
2nd September	Rest	2 min Efforts 5 x 2 min RPE 7 with 2 min @RPE 4 in between	Recovery run @RPE 5 30 minutes	Progressive Run 15 min @RPE 6 15 min @RPE 7 15 min @REP 8	Rest	Easy run @RPE 4 30 minutes	Long Run RPE 5 or 6 1 hour
9th September	Rest	Easy run @RPE 5 30minutes	Rest	Intervals 5 x 1 minute @RPE 9 1 min walk/jog recovery	Recovery run RPE 4 30 minutes	Rest	RACE DAY
16th September	Active Recovery Walk/Jog 30 minutes RPE 4	Rest Day	Recovery run RPE 5 30-45 minutes	Rest Day	Recovery run RPE 4 30-45 minutes	Rest	Recovery Run RPE 5 45 minutes

Ten Point Scale of Rate of Perceived Effort (RPE)

Rating	Description	Internal Cues
1	Extremely Easy	I feel like I could run forever at this pace
2	Very Easy	I feel like I'm really holding myself back
3	Easy	I feel like I'm holding myself back a little
4	Comfortable	This pace feels natural, like I'm neither holding back or pushing
5	Fairly Comfortable	I feel like I'm pushing myself ever so slightly
6	Slightly Hard	Less fit runners: I feel like I can keep up this pace for 20-30 minutes Fitter runners: I feel like I can keep up this pace for 50-60 minutes
7	Somewhat Hard	Less fit runners: I feel like I'm going to blow up in 10-15 minutes Fitter runners: I feel like I'm going to blow up in 15-20 minutes
8	Hard	I feel like I can keep this pace up for a kilometre or so, no more
9	Very Hard	I feel like I can sustain this pace for a couple of minutes maybe three
10	Extremely Hard	I feel like I can only this pace for 1 minute tops

Fitzgerald, M. 2014. *80/20 Running: run stronger and race faster by training slower*. New York: Penguin Group