

TRAINING DIARY

GOLD COAST AIRPORT MARATHON - INTERMEDIATE



Gold Coast Airport
MARATHON

30 JUNE - 1 JULY

2012



MARATHON • HALF MARATHON • 10KM RUN • 5KM CHALLENGE • JUNIOR DASH

goldcoastmarathon.com.au



Welcome...

to the INTERMEDIATE Marathon Training Diary for preparation for the 2012 Gold Coast Airport Marathon, to be held on Sunday 1 July.

You can use this training diary in two ways:

1. Simply print and fill in the gaps as you go
2. Use as an interactive PDF where you can save and edit progressively.

Each day contains fields to insert your training time, kilometres and performance comments. The session and kilometre counters will automatically add up your data each week.

Here's a few simple tips on how to use the new PDF:

EFFORT	
THU 12 APR	FRI 13 APR
50 min run	4 x 1km, 1.30 SR
COMFORTABLE	SPEED

COMFORTABLE: These runs to be done at a comfortable pace (still able to carry out a conversation) and will constitute all of your long runs.

SPEED: These sessions will assist you to get faster. Do a light warm-up (10-15 mins) then the outlined session at an even but challenging pace. Complete the session with a cool down which includes stretching.

RACE: Lead up races are excellent stepping stones to gauge your current fitness and for you to practice your race routines (pre-race meals, hydration etc)

KEY
REST (OR XTRAIN): Rest day, OR Gym/Cycle/ Swim/Pool run
REST: denotes a Rest only day (no XTrain)
m: metres
km: kilometres
1.30: 1 min 30sec
SR: Standing recovery
WR: Walking recovery
JR: Jog recovery
 : Sports Super Centre Fun Run Series race (click on logo for details)



CREATED BY
PAT CARROLL

PatCarroll
ONLINE & ONLAND

My 2012 Goal

DISTANCE: 42.2 km

TIME:

	MON 9 APR	TUE 10 APR	WED 11 APR	THU 12 APR	FRI 13 APR	SAT 14 APR	SUN 15 APR	
WORKLOAD	REST (or XTRAIN)	10 x 30 sec, 30 sec JR	REST (or XTRAIN)	50 min run	4 x 1km, 1.30 SR	REST (or XTRAIN)	50 min run	
		SPEED		COMFORTABLE	SPEED		COMFORTABLE	TOTALS
DETAILS	<input type="checkbox"/> TIME: <input type="text"/> KMs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input checked="" type="checkbox"/> TIME: 50 KMs: 6.5 PERFORMANCE/NOTES: Great run. Weather = hot.	<input checked="" type="checkbox"/> TIME: <input type="text"/> KMs: <input type="text"/> PERFORMANCE/NOTES: Spin Class.	<input checked="" type="checkbox"/> TIME: 50 KMs: 9.5 PERFORMANCE/NOTES: Easy. Heart Rate = 150.	<input type="checkbox"/> TIME: <input type="text"/> KMs: <input type="text"/> PERFORMANCE/NOTES: No run - Saturday instead.	<input checked="" type="checkbox"/> TIME: 40 KMs: 7.25 PERFORMANCE/NOTES: Friday's session.	<input checked="" type="checkbox"/> TIME: 50 KMs: 10 PERFORMANCE/NOTES: Ran to Palm Beach.	SESSIONS: 5 DISTANCE (KM): 33.25

1. When you've completed a session, simply click the box and a tick will appear. This will add up your total sessions at the end of the week.

2. Enter your time and kilometres into these fields to track your sessions. The total distance will automatically be calculated for the week.

3. The Performance/Notes section allows you to make comments about your run. This is handy if you deviate slightly from the program, as you can make a note of this and amend your time and distance accordingly.

The weekly totals are a great way to track your progress. On the last page, your total distance and sessions will be tallied for your whole campaign!

HINTS & TIPS

PREPARATION

- ✓ Receive personalised training from four-time Gold Coast Airport Marathon winner Pat Carroll via his website patcarrollonline.com
- ✓ Check out the **Training Resources** page on the Gold Coast Airport Marathon website for some great training aids.
- ✓ Share stories, get advice or simply chat with others who are also following this training diary on the **Facebook wall**
- ✓ Join the conversation about the Gold Coast Airport Marathon on **Twitter**
- ✓ Broadcast yourself or check out other videos on our **YouTube Channel**

RACE DAY

- ✓ Prepare your race gear the night before including your shoes, socks, running clothing & accessories, race number, safety pins, timing chip, warm clothing or wet weather gear.
- ✓ Get up early on race day, 2-3 hours prior to the race start to give yourself plenty of time to get organised and get to the start line.
- ✓ Enjoy a light breakfast (you should have practiced this many times during your campaign) e.g. toast with tea, juice or sports drink.
- ✓ Take a moment to go through your pre-race checklist. It sounds simple but can save you lots of stress.

- ✓ Keep sipping water but don't overdo it as you should already be adequately hydrated (you can tell this when your urine is clear).
- ✓ Once you get to the race venue go through your warm-up routine and place yourself appropriately within the start pack.
- ✓ You are now ready to go - good luck!
- ✓ Stick to your target pace and don't get drawn into running too fast at the start.
- ✓ Plan to take on fluids regularly during the race. Don't wait until you feel thirsty.

AFTER THE RACE

- ✓ Have a good drink straight after the race. You will more than likely be a little dehydrated and it's best to fix this immediately.
- ✓ Grab a high carbohydrate snack or two.
- ✓ Continue to drink fluids (avoiding alcohol) until your urine is clear.
- ✓ Now start to rest. A short walk may be beneficial, but then you will be sure to want to relax and put your feet up. Take a well-earned rest!
- ✓ In the evening, you should continue with a good fluid intake and your evening meal should contain carbohydrates and protein for best recovery.
- ✓ Take some time to bask in the glory of your achievement!

ACKNOWLEDGEMENT FEEDBACK

Thanks goes to Pat Carroll, four-time Gold Coast Marathon winner, for developing this training diary. Pat provides additional information for marathon training and racing for private clients. Pat can be contacted at pat@patcarrollonline.com or visit his website patcarrollonline.com

We hope the 2012 Gold Coast Airport Marathon Training Diary has been useful in your preparation for the Marathon event. If you have any feedback on this diary - please email info@goldcoastmarathon.com.au with your suggestions. Thank you.




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www.youtube.com/gcmarathon

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GOLD COAST AIRPORT MARATHON - INTERMEDIATE



Straight off the plane, straight to the start line... visit www.goldcoastairport.com.au

20 WEEKS TO GO

	MON 13 FEB	TUE 14 FEB	WED 15 FEB	THU 16 FEB	FRI 17 FEB	SAT 18 FEB	SUN 19 FEB	
WORKLOAD	REST (or XTRAIN)	40 min run	40 min run	REST (or XTRAIN)	6 x 1 min, 45 sec SR	REST (or XTRAIN)	1 hr 30 min run	
		COMFORTABLE	COMFORTABLE				SPEED	
DETAILS	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	SESSIONS: DISTANCE (KM):

19 WEEKS TO GO

"One can never consent to creep when one feels an impulse to soar."



	MON 20 FEB	TUE 21 FEB	WED 22 FEB	THU 23 FEB	FRI 24 FEB	SAT 25 FEB	SUN 26 FEB	
WORKLOAD	REST (or XTRAIN)	40 min run	40 min run	REST (or XTRAIN)	6 x 2 min, 1 min SR	REST (or XTRAIN)	1 hr 30 min run	
		COMFORTABLE	COMFORTABLE				SPEED	
DETAILS	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	SESSIONS: DISTANCE (KM):

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18 WEEKS TO GO

	MON 27 FEB	TUE 28 FEB	WED 29 FEB	THU 1 MAR	FRI 2 MAR	SAT 3 MAR	SUN 4 MAR	
WORKLOAD	REST (or XTRAIN)	6 x 1min, 45 sec SR	40 min run	REST (or XTRAIN)	6 x 2 min, 1 min SR	REST (or XTRAIN)	Possible 5km race OR 1 hr 45 min run 	
		SPEED	COMFORTABLE		SPEED		RACE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):

17 WEEKS TO GO

"Courage is like love; it must have hope for nourishment."

Napoleon



	MON 5 MAR	TUE 6 MAR	WED 7 MAR	THU 8 MAR	FRI 9 MAR	SAT 10 MAR	SUN 11 MAR	
WORKLOAD	REST (or XTRAIN)	6 x 500m, 1 min SR	40 min run	REST (or XTRAIN)	4 x 1km, 1.30 SR	REST (or XTRAIN)	2 hr run	
		SPEED	COMFORTABLE		SPEED		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):

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Jetstar, Virgin Australia, Tiger Airways, Airnorth, AirAsia X, Air New Zealand and Scoot... travelling direct to the marathon has never been easier! Visit www.goldcoastairport.com.au

16 WEEKS TO GO

	MON 12 MAR	TUE 13 MAR	WED 14 MAR	THU 15 MAR	FRI 16 MAR	SAT 17 MAR	SUN 18 MAR	
WORKLOAD	REST (or XTRAIN)	3km Time Trial	50 min run	REST (or XTRAIN)	10 x 30 sec, 30 sec JR	REST (or XTRAIN)	2 hr run	
		SPEED	COMFORTABLE		SPEED		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):
								TOTALS

15 WEEKS TO GO

***Recovery Week:
REDUCED VOLUME**

"Nobody climbs mountains for scientific reasons. Science is used to raise money for the expeditions; but you really climb for the hell of it."



	MON 19 MAR	TUE 20 MAR	WED 21 MAR	THU 22 MAR	FRI 23 MAR	SAT 24 MAR	SUN 25 MAR	
WORKLOAD	REST	50 min run	50 min run	REST (or XTRAIN)	50 min run	REST (or XTRAIN)	2 hr run	
		COMFORTABLE	COMFORTABLE		COMFORTABLE		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):
								TOTALS

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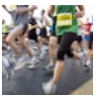
14 WEEKS TO GO

	MON 26 MAR	TUE 27 MAR	WED 28 MAR	THU 29 MAR	FRI 30 MAR	SAT 31 MAR	SUN 1 APR	
WORKLOAD	REST (or XTRAIN)	15 x 300m Hills JR	50 min run	REST (or XTRAIN)	15 min effort	REST (or XTRAIN)	Possible 8km race OR 2 hr run	
		SPEED	COMFORTABLE		SPEED		RACE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
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13 WEEKS TO GO

"I'm a great believer in luck, and I find the harder I work, the more I have of it."

Thomas Jefferson



	MON 2 APR	TUE 3 APR	WED 4 APR	THU 5 APR	FRI 6 APR	SAT 7 APR	SUN 8 APR	
WORKLOAD	REST (or XTRAIN)	6 x 500m, 1 min SR	50 min run	REST (or XTRAIN)	4 X 1km, 1.30 SR	REST (or XTRAIN)	2 hr 20 min run	
		SPEED	COMFORTABLE		SPEED		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):

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12 WEEKS TO GO

	MON 9 APR	TUE 10 APR	WED 11 APR	THU 12 APR	FRI 13 APR	SAT 14 APR	SUN 15 APR	
WORKLOAD	REST	3km Time Trial	50 min run	REST (or XTRAIN)	10 x 30 sec, 30 sec JR	REST (or XTRAIN)	2 hrs 20 min run	TOTALS
		SPEED	COMFORTABLE		SPEED		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	SESSIONS: DISTANCE (KM):

11 WEEKS TO GO

***Recovery Week:
NO FAST RUNNING**

"It's lack of faith that makes people afraid of challenges, and I believe in myself." Muhammad Ali



	MON 16 APR	TUE 17 APR	WED 18 APR	THU 19 APR	FRI 20 APR	SAT 21 APR	SUN 22 APR	
WORKLOAD	REST	50 min run	1 hr run	REST (or XTRAIN)	50 min run	REST (or XTRAIN)	2 hrs 20 min run	TOTALS
		COMFORTABLE	COMFORTABLE		COMFORTABLE		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Ss: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	SESSIONS: DISTANCE (KM):

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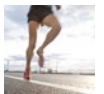
10 WEEKS TO GO

	MON 23 APR	TUE 24 APR	WED 25 APR	THU 26 APR	FRI 27 APR	SAT 28 APR	SUN 29 APR	
WORKLOAD	REST (or XTRAIN)	15 x 300m Hills JR	1 hr run	REST (or XTRAIN)	15 min effort	REST (or XTRAIN)	Possible 10km race OR 2 hr 30 min run 	
		SPEED	COMFORTABLE		SPEED		RACE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):

9 WEEKS TO GO

"Only those who dare to fail greatly can ever achieve greatly."

John F Kennedy



	MON 30 APR	TUE 1 MAY	WED 2 MAY	THU 3 MAY	FRI 4 MAY	SAT 5 MAY	SUN 6 MAY	
WORKLOAD	REST (or XTRAIN)	6 x 500m, 1 min SR	1 hr run	REST (or XTRAIN)	4 x 1km, 1.30 SR	REST (or XTRAIN)	2 hr run	
		SPEED	COMFORTABLE		SPEED		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):

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8 WEEKS TO GO

	MON 7 MAY	TUE 8 MAY	WED 9 MAY	THU 10 MAY	FRI 11 MAY	SAT 12 MAY	SUN 13 MAY	
WORKLOAD	REST	3km Time Trial	50 min run	REST (or XTRAIN)	10 x 30 sec, 30 sec JR	REST (or XTRAIN)	2 hrs 40 min run	TOTALS
		SPEED	COMFORTABLE		SPEED		COMFORTABLE	
DETAILS	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	SESSIONS: DISTANCE (KM):

7 WEEKS TO GO

***Recovery Week:
NO FAST RUNNING**

"To be prepared is half the victory."



	MON 14 MAY	TUE 15 MAY	WED 16 MAY	THU 17 MAY	FRI 18 MAY	SAT 19 MAY	SUN 20 MAY	
WORKLOAD	REST	50 min run	1 hr 20 min run	REST (or XTRAIN)	50 min run	REST (or XTRAIN)	3 hr run	TOTALS
		COMFORTABLE	COMFORTABLE		COMFORTABLE		COMFORTABLE	
DETAILS	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	<input type="checkbox"/> TIME: <input type="text"/> <input type="text"/> KMs: <input type="text"/> <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	SESSIONS: DISTANCE (KM):

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6 WEEKS TO GO

	MON 21 MAY	TUE 22 MAY	WED 23 MAY	THU 24 MAY	FRI 25 MAY	SAT 26 MAY	SUN 27 MAY	
WORKLOAD	REST (or XTRAIN)	6 x 500m, 1 min SR	1 hr 20 min run	REST (or XTRAIN)	4 x 1km, 1.30 SR	REST	15km or 21.1km race OR 3 hr run	
		SPEED	COMFORTABLE				RACE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):

5 WEEKS TO GO

"To succeed....You need to find something to hold on to; something to motivate you, something to inspire you." Tony Dorsett



	MON 28 MAY	TUE 29 MAY	WED 30 MAY	THU 31 MAY	FRI 1 JUNE	SAT 2 JUNE	SUN 3 JUNE	
WORKLOAD	REST	10 x 30 sec, 30 sec JR	50 min run	REST	3km Time Trial	REST	3 hr run	
		SPEED	COMFORTABLE				COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):

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*Recovery Week:
NO FAST RUNNING

4 WEEKS TO GO

	MON 4 JUNE	TUE 5 JUNE	WED 6 JUNE	THU 7 JUNE	FRI 8 JUNE	SAT 9 JUNE	SUN 10 JUNE	
WORKLOAD	REST	50 min run	1 hr 20 min run	REST (or XTRAIN)	50 min run	REST (or XTRAIN)	2 hr 30 min run	
		COMFORTABLE	COMFORTABLE		COMFORTABLE		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):
								TOTALS

3 WEEKS TO GO

"The only way to discover the limits of the possible is to go beyond them into the impossible."



	MON 11 JUNE	TUE 12 JUNE	WED 13 JUNE	THU 14 JUNE	FRI 15 JUNE	SAT 16 JUNE	SUN 17 JUNE	
WORKLOAD	REST (or XTRAIN)	15 x 300m Hills JR	1 hr 20 min run	REST (or XTRAIN)	15 min effort	REST	Possible 10km race OR 2 hr run	
		SPEED	COMFORTABLE		SPEED		RACE	
DETAILS	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	TIME: <input type="text"/> Hrs <input type="text"/> Mins <input type="text"/> Secs KMs: <input type="text"/>	SESSIONS:
	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	PERFORMANCE/NOTES: <input type="text"/>	DISTANCE (KM):
								TOTALS

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2 WEEKS TO GO

	MON 18 JUNE	TUE 19 JUNE	WED 20 JUNE	THU 21 JUNE	FRI 22 JUNE	SAT 23 JUNE	SUN 24 JUNE	
WORKLOAD	REST	15 x 30 sec, 30 sec JR	50 min run	REST (or XTRAIN)	6 x 2 min, 30 sec JR	REST (or XTRAIN)	1 hr 30 min run	TOTALS
		SPEED	COMFORTABLE		SPEED		COMFORTABLE	
DETAILS	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	SESSIONS: DISTANCE (KM):

1 WEEK TO GO

"A winner paces himself; a loser has only two speeds: hysterical and lethargic"



	MON 25 JUNE	TUE 26 JUNE	WED 27 JUNE	THU 28 JUNE	FRI 29 JUNE	SAT 30 JUNE	SUN 1 JULY	TRAINING TOTALS:
WORKLOAD	REST	6 x 1 min, 30 sec JR 4 x 30 sec, 30 sec JR	50 min run	10 x 30 sec, 30 sec JR	REST	REST	RACE DAY	SESSIONS: DISTANCE (KM):
		SPEED	COMFORTABLE	SPEED				
DETAILS	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	TIME: <input type="text"/> Hrs: <input type="text"/> Mins: <input type="text"/> Secs: <input type="text"/> PERFORMANCE/NOTES: <input type="text"/>	GOAL TIME: <input type="text"/> ACTUAL TIME: <input type="text"/>	

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