

Mick's 2018 Gold Coast Marathon Training Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weeks to go							
Week starts							
18 26/02/2018	Rest or Xtrain	3k easy, 4k @ ½ mara pace 3k easy	Rest or Xtrain	10k easy	Rest	Long Run 14k Easy	5k Recovery
17 5/03/2018	Rest or Xtrain	3 x (2k easy-2k mod)	Rest or Xtrain	10k easy	Rest	Long Run 16k Easy	5k Recovery
16 12/04/2018	Rest or Xtrain	2k easy, 6k @ ½ mara pace 2k easy	5k Recovery	12k easy	Rest	Long Run 18k Easy	5k Recovery
15 19/03/2018	Rest or Xtrain	11k with 10x100m efforts	5k Recovery	12k easy	Rest	Long Run 20k Easy	5k Recovery
14 26/03/2018	Rest or Xtrain	14k easy	5k Recovery	11k with 10x100m efforts	Rest	Long Run 22k easy	6k Recovery
13 2/04/2018	Rest or Xtrain	14k easy	5k Recovery	2k easy, 5k @ ½ mara pace 3k easy	Rest	Long Run 25k easy or Club run	6k Recovery or Great South Run 1/2 Mara
12 9/04/2018	Rest	10k easy	5k Recovery	10k easy	Rest	Long Run 18k easy	6k Recovery
11 16/04/2018	11km- 6x100m efforts	16k easy	Rest or Xtrain	14km - 2km easy 10 @ 1/2 mara pace 2 easy	Rest	Long Run 28km	Rest

10 23/04/2019	8km Recovery	18k Easy	8k easy	Rest	10km- include 6x100m efforts	Long Run 32km	Rest
9 30/04/2018	Rest	16km- 3k easy 10 @ 1/2 mara pace 3 easy	6km Recovery	13km- 8x100m efforts	Rest or Xtrain	Long run 32km	Sit in front of your PC all day watching Ironmanlive.com
8 7/05/2018	8km easy	16km- 4k easy 8km @ 1/2 mara Pace 4 easy	Rest or Xtrain	15km easy	6km Recovery	Time Trial 1/2 Mara Vic Pt	6km Recovery
7 14/05/2018	Rest	13km include 5x600m @ 5k pace 1 min recovery	18km easy	Rest or Xtrain	8km 6x100m efforts	6km recovery	Long run 27km 16k@PMP
6 21/05/2018	13km easy	10km- 5x1km @ 5kpace 3min recovery	Rest or Xtrain	18km easy	5km recovery	Rest	Long Run 25km
5 28/05/2019	Rest	13km include 5x600 @ fast pace 1 min recov	Rest or Xtrain	6km recovery	10km easy	Long run 27km. Or	QLD 1/2 Mara Eagle Farm
4 4/06/2018	Rest or Xtrain	10km- 6x100m efforts	12km- 4x1km@ 5kpace-3min recovery	Rest or Xtrain	16 easy	6km recovery	Long run 32km 15k @ PMP
3 11/06/2018	Rest or Xtrain	12km- 5x600m @5kpace 1min recov	10km easy	Rest or Xtrain	8km- 6x100m efforts	6km recovery	Long run 24km

2 18/06/2018	Rest or Xtrain	10km- 8x100m efforts	8km easy	Rest or Xtrain	6km 6x100m efforts	6km recovery	Long run 18km
1 25/06/2018	Rest	8km easy	10km - 3km easy 3k@10kpace 4km easy	rest	6km- 4x100m efforts	rest	GCM 2/07/2017 42.2km