

MARATHON EXTENDED TRAINING PROGRAM



MELBOURNE
MARATHON
FESTIVAL

ABOUT THE PROGRAM

This program has been built to keep you motivated to continue to move forward. With race day being pushed back, it is important that we periodize your training to allow you to reach peak fitness when the time is right. By pulling back the intensity and shifting our focus to building a stronger endurance base, you will ideally get to that start line in December and be ready to give it your all.

Keep your eyes on the prize and continue ticking off the NRC runs and NTC workouts! As your coach, I'm here with you every step of the way.

Coach Dave



WEEKLY WORKOUTS

This plan includes three types of workout activities each week. All three are important to get the fittest, strongest and fastest version of you to the finish line. You can take advantage of Audio Guided Runs for each Speed and Recovery run and most Long Runs within the plan.

SPEED RUNS

Building strength through speed training is important as you prepare. Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster. You'll get to do short and long intervals, fartlek, hill workouts and tempo runs. (See Types of Runs in the Glossary for definitions of these).

LONG RUNS

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance and pacing with weekly Long Runs. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run at a comfortable pace, and as a Progression Run (See Types of Runs in the Glossary for definition of Progression Run).

RECOVERY RUNS

Recovering from your workout days is just as important as the workouts themselves. Use these days to run easy and based on how you feel to help you recover at the highest quality possible after intense training. Each week of training includes two recovery runs. These include runs with Shalane Flanagan and Eliud Kipchoge. Recovery Runs are just as important as your hard workouts.

REST DAYS

Great running is dependent on great rest and recovery. These days are meant for you to recharge and recover. Either take the day off, try one of the workouts from "Simple Routines For Better Runs" in the NTC App or go for a few easy miles or kilometers. It is essential that you talk to and listen to your body as you progress through the training program. Sometimes you will need to adjust the program to fit what you need. And yes, that means that sometimes the best speed run or long run will be no run.



HOW TO USE THE PACE CHART

Throughout the plan, you will see and hear references to different paces and efforts you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace and effort targets. Knowing your pace and effort targets will make your training easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

You will have ample guidance regarding the proper pace and effort needed in every audio guided run. The coaches and athletes are there to guide, motivate and inspire you to be the best athlete and coach you can be.

The chart on page 8 will help you understand which pace you should aim to run during each session.

FIND YOUR STARTING PACE

To get started, you'll need to identify the row of pace targets that is right for you. You can base your pace on any of the following:

- You could use a recent 5K, 10K, half marathon or marathon time, if you have run one. By “recent” we mean in the last month or two.
- You could use the Nike Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.
- If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find your row of pace targets you will need on the Pace Chart.



PACE CHART

mile best	5k best/avg km pace	10k best/ avg km pace	tempo avg km pace	half marathon best/avg km pace	marathon best/ avg km pace	recovery day pace
5:00	17:05/3:25	35:45/3:35	3:45	1:18:00/3:43	2:44:00/ 3:53	4:20
5:30	18:45/3:43	39:00/3:54	4:00	1:25:00/4:02	3:0:00/4:14	4:40
6:00	20:15/4:03	42:00/4:12	4:20	1:35:00/4:30	3:15:00/4:25	5:05
6:30	22:00/4:04	45:45/4:35	4:45	1:40:00/4:42	3:30:00/4:58	5:30
7:00	23:45/4:45	49:00/4:54	5:05	1:50:00/5:10	3:45:00/5:20	5:50
7:30	25:15/5:03	52:30/5:15	5:30	1:55:00/5:26	4:00:00/5:41	6:10
8:00	27:00/5:24	55:50/5:35	5:50	2:05:00/5:54	4:15:00/6:03	6:10
8:30	28:30/5:42	59:00/5:54	6:10	2:10:00/6:09	4:30:00/6:22	6:50
9:00	30:00/6:00	62:30/6:15	6:30	2:20:00/6:37	4:45:00/6:43	7:10
9:30	31:45/6:21	66:00/6:36	6:50	2:25:00/6:53	5:00:00/7:05	7:35
10:00	33:00/6:40	69:00/6:54	7:10	2:35:00/7:18	5:15:00/7:27	7:55
10:30	35:00/7:00	72:00/7:12	7:30	2:40:00/7:33	5:30:00/7:49	8:15
11:00	36:15/7:15	75:00/7:30	7:50	2:50:00/8:00	5:40:00/8:04	8:30
11:30	38:00/7:36	78:30/7:51	8:10	2:55:00/8:13	5:50:00/8:17	8:45
12:00	39:30/7:54	81:30/8:09	8:30	3:05:00/8:45	6:00:00/8:32	9:00



NRC GUIDED RUN

MARATHON EXTENDED TRAINING PROGRAM



TAP TO START
WORKOUT

TAP TO CHECK OFF YOUR
WORKOUT WITH AN EMOJI!

SPEED RUN

Runner Up

Hill Workout

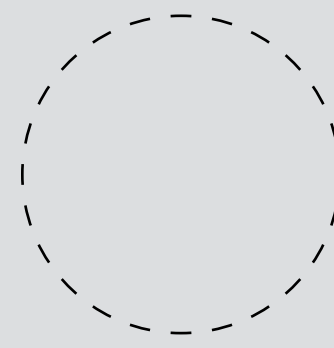
5:00 Warm Up

45 seconds 10K Effort

15 seconds Best Effort

Interval series should be done 5 x's

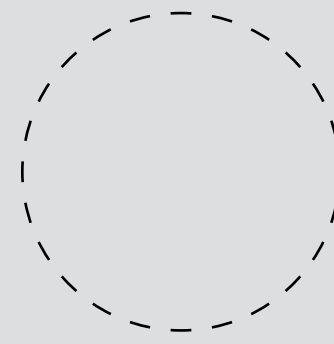
Recovery is 1:15 after 10k effort
and 45 seconds after



RECOVERY RUN

Just A Run

30:00 Recovery Run



SPEED RUN

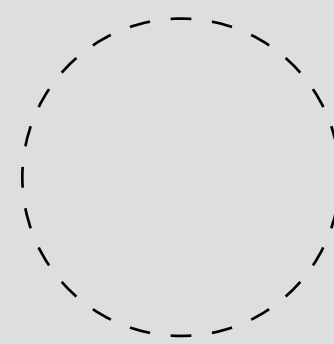
Triple 7's

Intervals

5:00 Warm Up

3x 7:00 5K Pace

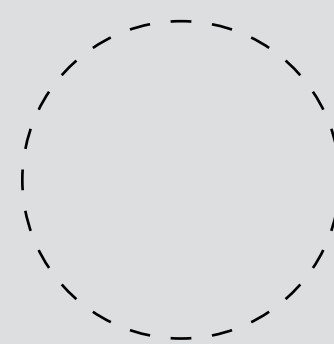
Recovery is 2:30 between intervals



LONG RUN

Five Mile Run

8K/5 Mile Run



WEEK 1
SEP 13TH



WEEK 2 SEP 20TH

SPEED RUN

The Rundown

Intervals

5:00 Warm Up

3x 1:00 Mile Pace

3x 2:00 5k Pace

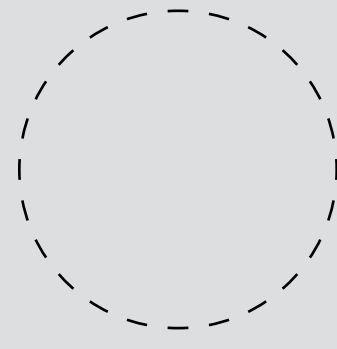
2x 1:00 Mile Pace

2x 2:00 5k Pace

1x 1:00 Mile Pace

1x 2:00 5k Pace

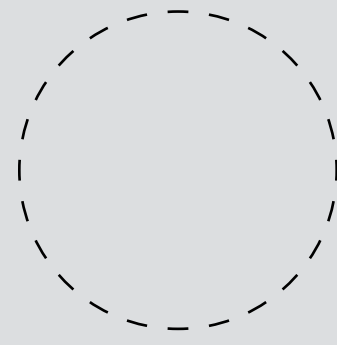
Recovery is 1:00 after Mile Pace
and 1:30 after 5K Pace



RECOVERY RUN

Running Towards Your Goal with Headspace

40:00 Recovery Run



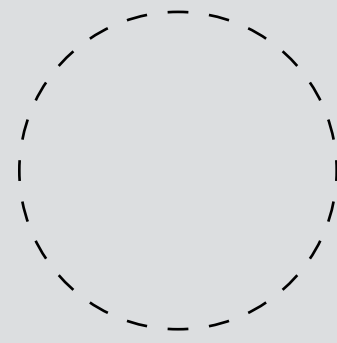
SPEED RUN

Tempo Run with Emily Infeld

Tempo Run

7:00 Warm Up

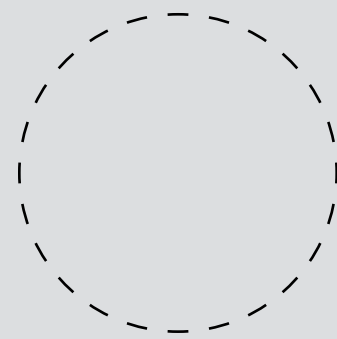
25:00 Tempo Run



LONG RUN

10K Run

10K/6.2 Mile Run



WEEK 3 SEP 27TH

SPEED RUN

Sneaky Speed

Intervals

5:00 Warm Up

1x 1:30 5K Pace

3x 45 seconds Mile Pace

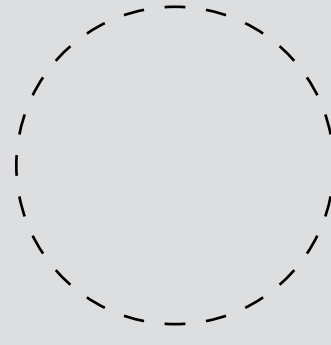
1x 1:30 5K Pace

3x 45 seconds Mile Pace

1x 1:30 5K Pace

3x 45 seconds Mile Pace

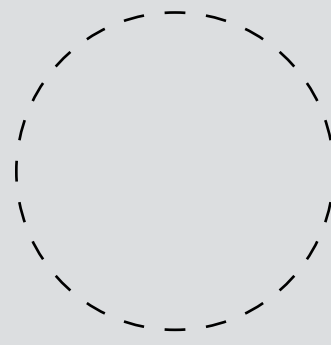
1:00 Recovery Between Intervals



RECOVERY RUN

30 Minute Head Starts

30:00 Recovery Run



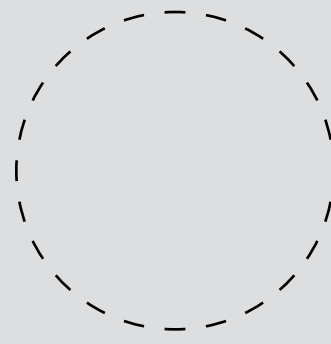
SPEED RUN

Out Strong Back Fast

Tempo Run

5:00 Warm Up

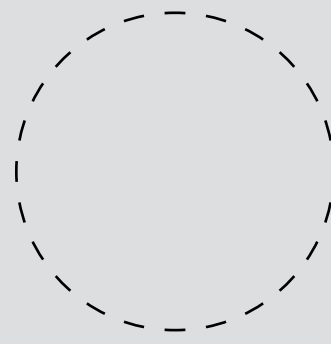
23:00 Progression Tempo Run



LONG RUN

Another 10K Run

10K/6.2 Mile Run



SPEED RUN

Run Fast. Repeat.

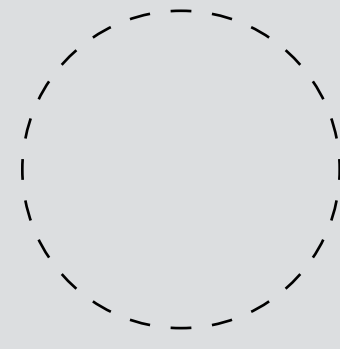
Intervals

5:00 Warm Up

20x 0:30 Mile pace

Except #1 and #11 to be run 5K pace

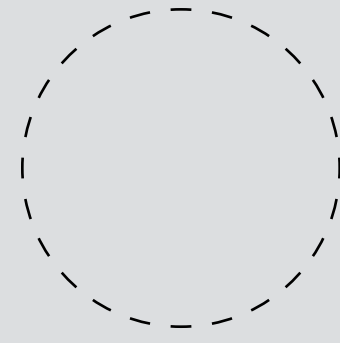
1:00 recovery between intervals



RECOVERY RUN

Run with Shalane Flanagan

45:00 Recovery Run



SPEED RUN

Hill Hillier Hilliest

Hill Workout

5:00 Warm Up

1:00 10K Effort

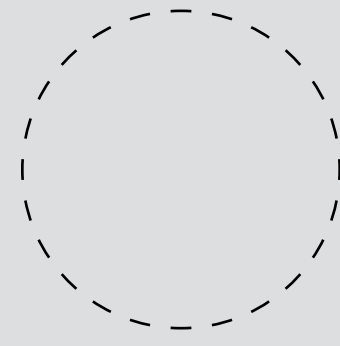
0:45 5K Effort

0:30 Mile Effort

Series is to be run a total of 3 times

Recovery is 2:00 after 10K effort, 1:30 after

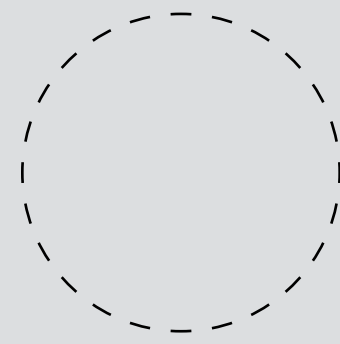
5K effort & 1:00 after Mile effort



LONG RUN

Eight Mile Run

12.5K/8 Mile Run



SPEED RUN

The Shifter

Intervals

5:00 Warm Up

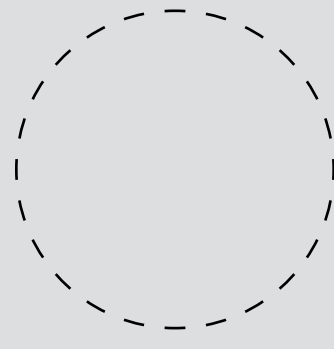
4:00 Recovery Pace straight into
1:00 Mile Pace

3:00 10k Pace straight into
1:00 Mile Pace

2:00 5k Pace straight into
1:00 Mile Pace

1:00 Mile Pace straight into
1:00 Best pace

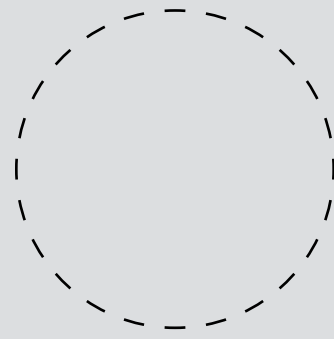
1:00 Recovery after Recovery Run
Pace interval, 1:30 Recovery after 10K
Pace interval, 2:00 Recovery after 5K
Pace interval.



RECOVERY RUN

**Breaking Through Barriers
with Headspace**

31:00 Recovery Run



SPEED RUN

Power Pyramid

Intervals

5:00 Warm Up

1:00 Mile Pace

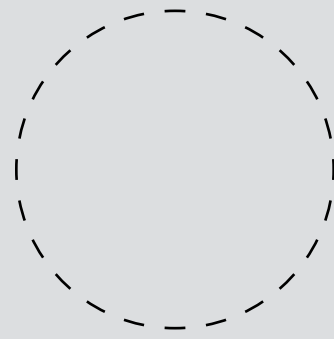
5:00 5K Pace

10:00 10k Pace

5:00 5K Pace

1:00 Mile Pace

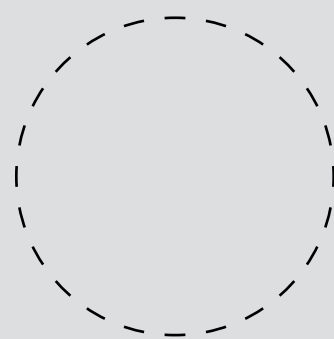
Recovery is 30 seconds after Mile Pace,
2:30 after 5K pace, 3:00 after 10K pace



LONG RUN

15K Run

15K/9.5 Mile Run



WEEK 6 OCT 18TH

SPEED RUN

Deuces

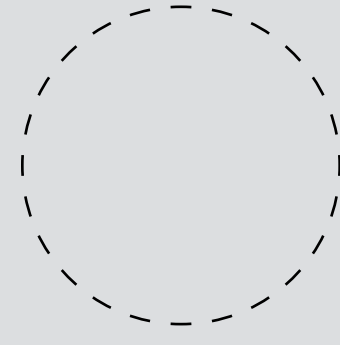
Intervals

5:00 Warm Up

10x 2:00 5K Pace

Recovery is 1:00 after all intervals
except #4 and #8.

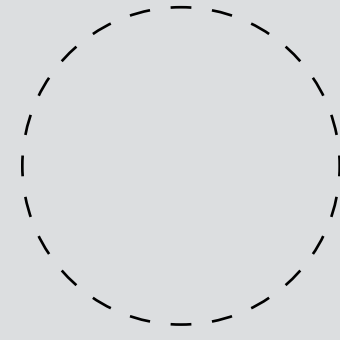
2:00 recovery after intervals #4 and #8.



RECOVERY RUN

Just Another Run

35:00 Recovery Run



SPEED RUN

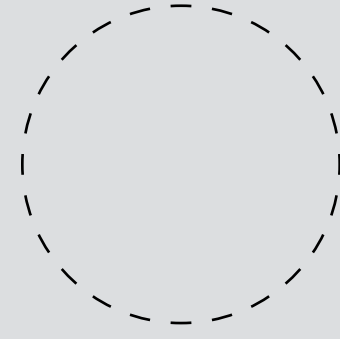
One Hard. One Easy.

Fartlek

5:00 Warm Up

15:00 Fartlek

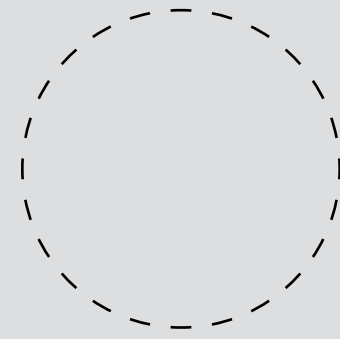
Alternate between 1:00 Hard Running
and 1:00 Easy Running for 15:00



LONG RUN

Ten Mile Run

16K/10 Mile Run



SPEED RUN

Rock n Roller

Intervals

6:00 Warm Up

5:00 10K Pace

2:30 5K Pace

1:00 Mile Pace

0:30 Best Pace

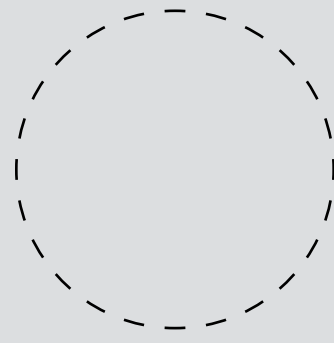
0:30 Best Pace

1:00 Mile Pace

2:30 5K Pace

5:00 10K Pace

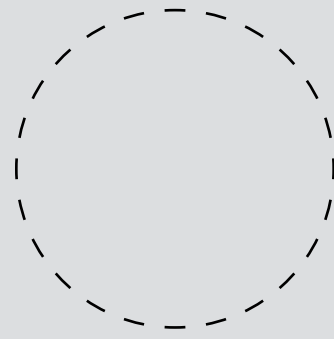
1:30 Recovery after 10K Pace and
5K Pace 1:00 Recovery after Mile Pace
and Best Pace



RECOVERY RUN

Suckcess Run

35:00 Recovery Run



SPEED RUN

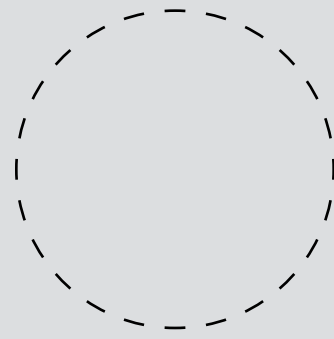
8K Tempo Run

Tempo Run

2K Warm Up

8K Tempo Run

2K Cool Down



LONG RUN

Another Ten Mile Run

16K/10 Mile Run

