

7 SUNSHINE COAST MARATHON
INTERMEDIATE 16-WEEK TRAINING GUIDE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 MAY 1	X-Train 45-60mins	Easy 45mins	Rest	Easy 45mins	Rest	Rest	Easy 60mins
2 MAY 8	X-Train 45-60mins	Tempo 50mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 6 x 60sec efforts above race pace	Rest	Easy 30mins	Easy 70mins
3 MAY 15	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Total 55mins Incl 6 x 45sec hills/jog recovery	Rest	Rest	Easy 80mins
4 MAY 22	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 60mins Incl 8 x 60sec efforts above race pace	Rest	Total 40mins Incl 6 x 60sec efforts at 10km/race pace	Easy 90mins
5 MAY 29	X-Train 45-60mins	Easy 50mins Free Tuesday Training Alex Surf Club	Rest	Easy 50mins	Rest	Rest	Easy 80mins
6 JUNE 5	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Total 55mins Incl 8 x 60sec hills/jog recovery	Rest	Easy 45mins	Easy 90mins
7 JUNE 12	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 45mins	Rest	Rest	Easy 2hrs or half marathon race Practice nutrition/hydration
8 JUNE 19	X-Train or Rest if you raced	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 45mins Incl 6 x 90sec efforts above race pace	Rest	Total 45mins Incl 5 x 90sec efforts at 10km/race pace	Easy 90mins
9 JUNE 26	X-Train 45-60mins	Easy 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 50mins	Rest	Rest	Easy 2hrs15mins Race pace last 15mins Practice race day outfit
10 JULY 3	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 55mins Incl 6 x 2min hills/jog recovery	Rest	Total 45mins Incl 4 x 2min efforts at 10km/race pace	Easy 90mins
11 JULY 10	X-Train 45-60mins	Fartlek 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 45mins	Rest	Rest	Easy 2hrs30mins Race pace last 15mins Test race day shoes
12 JULY 17	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 5 x 3min efforts at race pace	Rest	Total 30mins Incl 4 x 3min efforts at 10km/race pace	Easy 90mins
13 JUL 24	X-Train 45-60mins	Easy 60mins Free Tuesday Training Alex Surf Club	Rest	Easy 45mins	Rest	Rest	Easy 2hrs45mins Race pace last 15mins Test race day everything
14 JUL 31	X-Train 45-60mins	Undulating 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 5 x 4min efforts at race pace	Rest	Easy 30mins	Easy 90mins
15 AUG 7	Rest	Easy 60mins Free Tuesday Training Alex Surf Club	Rest	Total 50mins Incl 5 x 60sec tempo efforts	Rest	Rest	Easy 60mins
16 AUG 14	Rest	Easy 40mins Free Tuesday Training Alex Surf Club	Rest	Total 25mins Incl 4 x 30sec tempo efforts	Rest	Easy 10-15mins	Race Day