Sunshine Coast MARATHON & community run festival

The purpose of a training guide is to keep you on track to achieve your goals. The best way to stay on track is to remain consistent; in your training, in your stretching, recovery and diet. Time and distance will get you across the line, consistency will help you achieve your goals.

X-TRAINING/REST = 50% EFFORT

For a runner, rest days are as important as night is to day. Recover, rejuvenate and absorb the training. X-Training too allows the body to recuperate and use different muscle groups. Plus you'll stay fresh and motivated.

EASY = 60% EFFORT

Easy or recovery runs should feel relaxed. If you can easily hold a conversation you're going at the right pace. If you're new to running slow down and walk if necessary. This is a great opportunity to visualise race day.

STEADY = 70% EFFORT

This is the key to marathon success. Gradually build your time spent running allowing your body to adapt. Test your race day shoes, socks, running apparel, nutrition and hydration. These are key sessions, try not to miss them and rope in friends and family for company.

UNDULATING = 70% EFFORT

The 7SCM course is flat and fast. However, introducing rolling hills or inclines into your program activates different muscle groups and encourages speed and strength in your key running muscles. Add a few cheeky hills to your session and race day will be that much easier.

FARTLEK = 70%-90% EFFORT

Swedish for "speed play" Fartlek training is a continuous, unstructured session switching between moderate and hard efforts. Run faster for short burst (use trees or signposts) followed by easy-effort running to recover.

RACE PACE = 80% EFFORT

Some efforts in this guide call for "race pace", which means running at the speed you could hold for your chosen event (not what you'd like to run). For example if you can run 10km in 50mins, your 10km race pace is 5min/km.

ABOVE RACE PACE: = 90% EFFORT

Efforts done above your race pace extend your body, increase cardio-vascular performance and introduce speed into the program. Think of it as getting comfortable with being uncomfortable.

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10-WEEK 10KM TRAINING GUIDE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 JUNE 11	X-Train 45-60mins	Fartlek 60mins ***Free Tuesday Training*** Alex Surf Club	Rest	Easy 40mins	Rest	Rest	Easy 50mins *Practice nutrition/hydration*
2 JUNE 18	X-Train or Rest if you raced Recovery week	Easy 60mins ***Free Tuesday Training*** Alex Surf Club	Rest	Total 45mins Incl 6 x 30sec race pace efforts 30sec jog recovery	Rest	Easy 30mins	Easy 60mins
3 JUNE 25	X-Train 45-60mins	Undulating 50mins ***Free Tuesday Training*** Alex Surf Club	Rest	Total 50mins Incl 25mins out and back -ve split	Rest	Rest	Easy 70mins Walk/jog if required *Practice race day outfit*
4 JULY 2	X-Train 45-60mins	Tempo 60mins ***Free Tuesday Training*** Alex Surf Club	Rest	Total 40mins Incl 3 x 2min hills/jog recovery	Rest	Easy 30mins	Easy 60mins or 5km race + 15mins warm up and cool down
5 JULY 9	X-Train 45-60mins	Fartlek 60mins ***Free Tuesday Training*** Alex Surf Club	Rest	Easy 45mins	Rest	Rest	Easy 80mins Walk/jog if required *Test race day shoes + clothing*
6 JULY 16	X-Train 45-60mins Recovery week	Easy 60mins ***Free Tuesday Training*** Alex Surf Club	Rest	Total 50mins 25mins out and back -ve split	Rest	Easy 30mins	Easy 90mins
7 JUL 23	X-Train 45-60mins	Undulating 60mins ***Free Tuesday Training*** Alex Surf Club	Rest	Easy 40mins	Rest	Rest	Easy 80mins Walk/jog if required *Test race day everything*
8 JUL 30	X-Train 45-60mins	Fartlek 60mins ***Free Tuesday Training*** Alex Surf Club	Rest	Total 45mins Incl 6 x 60sec race pace efforts 60sec jog recovery	Rest	Total 30mins 15mins out and back -ve split	Easy 60mins
9 AUG 6	Rest	Flat 50mins ***Free Tuesday Training*** Alex Surf Club	Rest	Total 50mins Incl 4 x 2min hills/jog recovery	Rest	Rest	Easy 45mins
10 AUG 13	Rest Recovery week	Easy 40mins ***Free Tuesday Training*** Alex Surf Club	Rest	Total 30mins Incl 4 x 30sec above race pace efforts	Rest	Easy 10-15mins	**RACE DAY**