

## ADVANCED 42KM RUN PROGRAM

### Week 1

- Monday Rest day
- Tuesday 2km easy run/8km time trial hard/2km easy recover
- Wednesday 15km easy run recover/heart rate down
- Thursday 2km easy/2 x 1km hill hard up/easy down/2km cool down
- Friday Rest day
- Saturday 10km tempo run
- Sunday 20km easy recovery run

Weekly mileage is 65km.

### Week 2

- Monday Rest day
- Tuesday 2km easy/8 x 1km track intervals hard rest 60 secs
- Wednesday 10km easy recover
- Thursday 12km tempo run/pace moderate
- Friday Rest day
- Saturday 10km recovery run
- Sunday 25km moderate/tempo run – finish faster

Weekly mileage is 67km.

### Week 3

- Monday Rest day
- Tuesday 2km easy/8km time trial tempo pace/2km cool down
- Wednesday 16km easy recovery run
- Thursday 2km easy/6 x 500 m hill interval hard up/easy down
- Friday Rest day
- Saturday 5km easy recovery run
- Sunday 35km training run/slow pace

Weekly mileage hits a peak at 76km as we head towards the marathon at the end of week 4.

### Week 4

- Monday Rest day
- Tuesday Rest day
- Wednesday 8km tempo run/keep it flat
- Thursday 8km easy run
- Friday Rest day
- Saturday 5km easy warm-up with a few short sharp semi sprints
- Sunday 42km road race

Race week mileage is 63km.