

## Fish Hoek Athletics Club's Red Hill Marathon Training Schedule (km)

Goal Time: 2:59:59

Weeks to Race	Monday (Easy/Recovery/Rest)	Tuesday (Intervals/Treadmill)	Wednesday (Base/Longish)	Thursday (Tempo)	Friday (Rest)	Saturday (Pre-Long/Rest)	Sunday (Long)	Projected Weekly Mileage
18	9/24/2018 0:00:00  8.00 km @ 04:51 min/km	9/25/2018 0:00:00  2.00 km @ 05:01 min/km 12x400 @ 17.7 km/h [03:23 min/km] 2.00 km @ 05:01 min/km	9/26/2018 0:00:00  8.00 km @ 05:01 min/km	9/27/2018 0:00:00  3.00 km @ 04:51 min/km 5.00 km @ 03:31 min/km 2.00 km @ 04:51 min/km	9/28/2018 0:00:00  Rest	9/29/2018 0:00:00  8.00 km @ 04:16 min/km	9/30/2018 0:00:00  10.00 km @ 05:01 min/km	51.00 km
17	10/1/2018 0:00:00  8.00 km @ 04:51 min/km	10/2/2018 0:00:00  2.00 km @ 05:01 min/km 6x800 @ 17.1 km/h [03:30 min/km] 2.00 km @ 05:01 min/km	10/3/2018 0:00:00  8.00 km @ 05:01 min/km	10/4/2018 0:00:00  8.00 km @ 03:41 min/km	10/5/2018 0:00:00  Rest	10/6/2018 0:00:00  8.00 km @ 05:01 min/km	10/7/2018 0:00:00  11.00 km @ 05:01 min/km	50.00 km
16	10/8/2018 0:00:00  8.00 km @ 04:51 min/km	10/9/2018 0:00:00  2.00 km @ 05:01 min/km 4x800 @ 17.1 km/h [03:30 min/km] 2.00 km @ 05:01 min/km	10/10/2018 0:00:00  8.00 km @ 05:01 min/km	10/11/2018 0:00:00  3.00 km @ 04:51 min/km 5.00 km @ 03:31 min/km 2.00 km @ 04:51 min/km	10/12/2018 0:00:00  Rest	10/13/2018 0:00:00  10.00 km @ 04:16 min/km	10/14/2018 0:00:00  8.00 km @ 05:01 min/km	50.00 km
15	10/15/2018 0:00:00  8.00 km @ 04:51 min/km	10/16/2018 0:00:00  2.00 km @ 05:01 min/km 6x800 @ 17.1 km/h [03:30 min/km] 2.00 km @ 05:01 min/km	10/17/2018 0:00:00  8.00 km @ 05:01 min/km	10/18/2018 0:00:00  8.00 km @ 03:51 min/km	10/19/2018 0:00:00  Rest	10/20/2018 0:00:00  10.00 km @ 04:16 min/km	10/21/2018 0:00:00  14.00 km @ 05:01 min/km	55.00 km
14	10/22/2018 0:00:00  8.00 km @ 04:51 min/km	10/23/2018 0:00:00  2.00 km @ 05:01 min/km 5x1000 @ 17.0 km/h [03:32 min/km] 2.00 km @ 05:01 min/km	10/24/2018 0:00:00  8.00 km @ 05:01 min/km	10/25/2018 0:00:00  8.00 km @ 03:41 min/km	10/26/2018 0:00:00  Rest	10/27/2018 0:00:00  11.00 km @ 04:16 min/km	10/28/2018 0:00:00  16.00 km @ 05:01 min/km	58.00 km
13	10/29/2018 0:00:00  8.00 km @ 04:51 min/km	10/30/2018 0:00:00  2.00 km @ 05:01 min/km 3x1600 @ 16.6 km/h [03:37 min/km] 2.00 km @ 05:01 min/km	10/31/2018 0:00:00  8.00 km @ 05:01 min/km	11/1/2018 0:00:00  3.00 km @ 04:51 min/km 5.00 km @ 03:31 min/km 2.00 km @ 04:51 min/km	11/2/2018 0:00:00  Rest	11/3/2018 0:00:00  11.00 km @ 04:16 min/km	11/4/2018 0:00:00  11.00 km @ 05:01 min/km	55.00 km
12	11/5/2018 0:00:00  8.00 km @ 04:51 min/km	11/6/2018 0:00:00  2.00 km @ 05:01 min/km 2x1200 @ 16.8 km/h [03:34 min/km] 4x800 @ 17.1 km/h [03:39 min/km] 2.00 km @ 05:01 min/km	11/7/2018 0:00:00  10.00 km @ 05:01 min/km	11/8/2018 0:00:00  5.00 km @ 03:41 min/km	11/9/2018 0:00:00  Rest	11/10/2018 0:00:00  13.00 km @ 04:16 min/km	11/11/2018 0:00:00  19.00 km @ 05:01 min/km	62.00 km
11	11/12/2018 0:00:00  8.00 km @ 04:51 min/km	11/13/2018 0:00:00  2.00 km @ 05:01 min/km 6x800 @ 17.1 km/h [03:30 min/km] 2.00 km @ 05:01 min/km	11/14/2018 0:00:00  10.00 km @ 05:01 min/km	11/15/2018 0:00:00  5.00 km @ 03:51 min/km	11/16/2018 0:00:00  Rest	11/17/2018 0:00:00  13.00 km @ 04:16 min/km	11/18/2018 0:00:00  21.00 km @ 05:01 min/km	64.00 km
10	11/19/2018 0:00:00  8.00 km @ 04:51 min/km	11/20/2018 0:00:00  2.00 km @ 05:01 min/km 2x6x400 @ 17.7 km/h [03:23 min/km] 2.00 km @ 05:01 min/km	11/21/2018 0:00:00  10.00 km @ 05:01 min/km	11/22/2018 0:00:00  3.00 km @ 04:51 min/km 5.00 km @ 03:31 min/km 2.00 km @ 04:51 min/km	11/23/2018 0:00:00  Rest	11/24/2018 0:00:00  14.00 km @ 04:16 min/km	11/25/2018 0:00:00  16.00 km @ 05:01 min/km	65.00 km
9	11/26/2018 0:00:00	11/27/2018 0:00:00	11/28/2018 0:00:00	11/29/2018 0:00:00	11/30/2018 0:00:00	12/1/2018 0:00:00	12/2/2018 0:00:00	

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*Goal Time: 2:59:59*

Weeks to Race	Monday (Easy/Recovery/Rest)	Tuesday (Intervals/Treadmill)	Wednesday (Base/Longish)	Thursday (Tempo)	Friday (Rest)	Saturday (Pre-Long/Rest)	Sunday (Long)	Projected Weekly Mileage
8	8.00 km @ 04:51 min/km	2.00 km @ 05:01 min/km 1x1600 @ 16.6 km/h [03:37 min/km] 1x3200 @ 16.0 km/h [03:45 min/km] 2x800 @ 17.1 km/h [03:30 min/km] 2.00 km @ 05:01 min/km	13.00 km @ 05:01 min/km	6.00 km @ 04:16 min/km	Rest	14.00 km @ 04:16 min/km	24.00 km @ 05:01 min/km	73.00 km
	<b>12/3/2018 0:00:00</b>	<b>12/4/2018 0:00:00</b>	<b>12/5/2018 0:00:00</b>	<b>12/6/2018 0:00:00</b>	<b>12/7/2018 0:00:00</b>	<b>12/8/2018 0:00:00</b>	<b>12/9/2018 0:00:00</b>	
7	8.00 km @ 04:51 min/km	2.00 km @ 05:01 min/km 3x2x1200 @ 16.8 km/h [03:34 min/km] 2.00 km @ 05:01 min/km	10.00 km @ 05:01 min/km	8.00 km @ 03:41 min/km	Rest	16.00 km @ 04:16 min/km	26.00 km @ 04:51 min/km	76.00 km
	<b>12/10/2018 0:00:00</b>	<b>12/11/2018 0:00:00</b>	<b>12/12/2018 0:00:00</b>	<b>12/13/2018 0:00:00</b>	<b>12/14/2018 0:00:00</b>	<b>12/15/2018 0:00:00</b>	<b>12/16/2018 0:00:00</b>	
6	8.00 km @ 04:51 min/km	2.00 km @ 05:01 min/km 1x1000 @ 17.0 km/h [03:32 min/km] 1x2000 @ 16.4 km/h [03:39 min/km] 2x1x1000 @ 17.0 km/h [03:32 min/km] 2.00 km @ 05:01 min/km	13.00 km @ 05:01 min/km	8.00 km @ 04:16 min/km	Rest	10.00 km @ 04:16 min/km	19.00 km @ 04:16 min/km	65.00 km
	<b>12/17/2018 0:00:00</b>	<b>12/18/2018 0:00:00</b>	<b>12/19/2018 0:00:00</b>	<b>12/20/2018 0:00:00</b>	<b>12/21/2018 0:00:00</b>	<b>12/22/2018 0:00:00</b>	<b>12/23/2018 0:00:00</b>	
5	8.00 km @ 04:51 min/km	2.00 km @ 05:01 min/km 3x1600 @ 16.6 km/h [03:37 min/km] 2.00 km @ 05:01 min/km	11.00 km @ 05:01 min/km	8.00 km @ 04:16 min/km	Rest	16.00 km @ 04:16 min/km	29.00 km @ 04:46 min/km	79.00 km
	<b>12/24/2018 0:00:00</b>	<b>12/25/2018 0:00:00</b>	<b>12/26/2018 0:00:00</b>	<b>12/27/2018 0:00:00</b>	<b>12/28/2018 0:00:00</b>	<b>12/29/2018 0:00:00</b>	<b>12/30/2018 0:00:00</b>	
4	8.00 km @ 04:51 min/km	2.00 km @ 05:01 min/km 10x400 @ 17.7 km/h [03:23 min/km] 2.00 km @ 05:01 min/km	11.00 km @ 05:01 min/km	16.00 km @ 04:16 min/km	Rest	10.00 km @ 04:16 min/km	22.00 km @ 04:16 min/km	73.00 km
	<b>12/31/2018 0:00:00</b>	<b>1/1/2019 0:00:00</b>	<b>1/2/2019 0:00:00</b>	<b>1/3/2019 0:00:00</b>	<b>1/4/2019 0:00:00</b>	<b>1/5/2019 0:00:00</b>	<b>1/6/2019 0:00:00</b>	
3	8.00 km @ 04:51 min/km	2.00 km @ 05:01 min/km 3x2000 @ 16.4 km/h [03:39 min/km] 2.00 km @ 05:01 min/km	11.00 km @ 05:01 min/km	13.00 km @ 04:16 min/km	Rest	16.00 km @ 04:16 min/km	32.00 km @ 04:31 min/km	88.00 km
	<b>1/7/2019 0:00:00</b>	<b>1/8/2019 0:00:00</b>	<b>1/9/2019 0:00:00</b>	<b>1/10/2019 0:00:00</b>	<b>1/11/2019 0:00:00</b>	<b>1/12/2019 0:00:00</b>	<b>1/13/2019 0:00:00</b>	
2	8.00 km @ 04:51 min/km	2.00 km @ 05:01 min/km 6x800 @ 17.1 km/h [03:30 min/km] 2.00 km @ 05:01 min/km	11.00 km @ 05:01 min/km	8.00 km @ 03:41 min/km	Rest	6.00 km @ 04:16 min/km	19.00 km @ 04:16 min/km	59.00 km
	<b>1/14/2019 0:00:00</b>	<b>1/15/2019 0:00:00</b>	<b>1/16/2019 0:00:00</b>	<b>1/17/2019 0:00:00</b>	<b>1/18/2019 0:00:00</b>	<b>1/19/2019 0:00:00</b>	<b>1/20/2019 0:00:00</b>	
1	8.00 km @ 04:51 min/km	2.00 km @ 05:01 min/km 2x1000 @ 17.0 km/h [03:32 min/km] 2.00 km @ 05:01 min/km	6.00 km @ 05:01 min/km	3.00 km @ 04:51 min/km 5.00 km @ 03:31 min/km 2.00 km @ 04:51 min/km	Rest	10.00 km @ 05:01 min/km	13.00 km @ 04:16 min/km	52.00 km
	<b>1/21/2019 0:00:00</b>	<b>1/22/2019 0:00:00</b>	<b>1/23/2019 0:00:00</b>	<b>1/24/2019 0:00:00</b>	<b>1/25/2019 0:00:00</b>	<b>1/26/2019 0:00:00</b>	<b>1/27/2019 0:00:00</b>	
1	Rest	2.00 km @ 05:01 min/km 6x400 @ 17.7 km/h [03:23 min/km] 2.00 km @ 05:01 min/km	Rest	3.00 km @ 04:16 min/km	Rest	<b>Red Hill Marathon!</b> 42.00 km @ 04:16 min/km	Rest	50.00 km