

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

Goal Time: 3:59:59

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	9/25/2018 0:00:00	9/26/2018 0:00:00	9/27/2018 0:00:00	9/28/2018 0:00:00	9/29/2018 0:00:00	9/30/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 12x400 @ 13.3 km/h [04:30 min/km] 2.00 km @ 06:26 min/km	8.00 km @ 06:26 min/km	3.00 km @ 06:16 min/km 5.00 km @ 04:56 min/km 2.00 km @ 06:16 min/km	Rest	8.00 km @ 05:41 min/km	10.00 km @ 06:26 min/km	43.00 km
17	10/1/2018 0:00:00	10/2/2018 0:00:00	10/3/2018 0:00:00	10/4/2018 0:00:00	10/5/2018 0:00:00	10/6/2018 0:00:00	10/7/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 6x800 @ 12.9 km/h [04:40 min/km] 2.00 km @ 06:26 min/km	8.00 km @ 06:26 min/km	8.00 km @ 05:06 min/km	Rest	8.00 km @ 06:26 min/km	11.00 km @ 06:26 min/km	42.00 km
16	10/8/2018 0:00:00	10/9/2018 0:00:00	10/10/2018 0:00:00	10/11/2018 0:00:00	10/12/2018 0:00:00	10/13/2018 0:00:00	10/14/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 4x800 @ 12.9 km/h [04:40 min/km] 2.00 km @ 06:26 min/km	8.00 km @ 06:26 min/km	3.00 km @ 06:16 min/km 5.00 km @ 04:56 min/km 2.00 km @ 06:16 min/km	Rest	10.00 km @ 05:41 min/km	8.00 km @ 06:26 min/km	42.00 km
15	10/15/2018 0:00:00	10/16/2018 0:00:00	10/17/2018 0:00:00	10/18/2018 0:00:00	10/19/2018 0:00:00	10/20/2018 0:00:00	10/21/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 6x800 @ 12.9 km/h [04:40 min/km] 2.00 km @ 06:26 min/km	8.00 km @ 06:26 min/km	8.00 km @ 05:16 min/km	Rest	10.00 km @ 05:41 min/km	14.00 km @ 06:26 min/km	47.00 km
14	10/22/2018 0:00:00	10/23/2018 0:00:00	10/24/2018 0:00:00	10/25/2018 0:00:00	10/26/2018 0:00:00	10/27/2018 0:00:00	10/28/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 5x1000 @ 12.7 km/h [04:43 min/km] 2.00 km @ 06:26 min/km	8.00 km @ 06:26 min/km	8.00 km @ 05:06 min/km	Rest	11.00 km @ 05:41 min/km	16.00 km @ 06:26 min/km	50.00 km
13	10/29/2018 0:00:00	10/30/2018 0:00:00	10/31/2018 0:00:00	11/1/2018 0:00:00	11/2/2018 0:00:00	11/3/2018 0:00:00	11/4/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 3x1600 @ 12.4 km/h [04:50 min/km] 2.00 km @ 06:26 min/km	8.00 km @ 06:26 min/km	3.00 km @ 06:16 min/km 5.00 km @ 04:56 min/km 2.00 km @ 06:16 min/km	Rest	11.00 km @ 05:41 min/km	11.00 km @ 06:26 min/km	47.00 km
12	11/5/2018 0:00:00	11/6/2018 0:00:00	11/7/2018 0:00:00	11/8/2018 0:00:00	11/9/2018 0:00:00	11/10/2018 0:00:00	11/11/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 2x1200 @ 12.6 km/h [04:46 min/km] 4x800 @ 12.9 km/h [04:53 min/km] 2.00 km @ 06:26 min/km	10.00 km @ 06:26 min/km	5.00 km @ 05:06 min/km	Rest	13.00 km @ 05:41 min/km	19.00 km @ 06:26 min/km	54.00 km
11	11/12/2018 0:00:00	11/13/2018 0:00:00	11/14/2018 0:00:00	11/15/2018 0:00:00	11/16/2018 0:00:00	11/17/2018 0:00:00	11/18/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 6x800 @ 12.9 km/h [04:40 min/km] 2.00 km @ 06:26 min/km	10.00 km @ 06:26 min/km	5.00 km @ 05:16 min/km	Rest	13.00 km @ 05:41 min/km	21.00 km @ 06:26 min/km	56.00 km
10	11/19/2018 0:00:00	11/20/2018 0:00:00	11/21/2018 0:00:00	11/22/2018 0:00:00	11/23/2018 0:00:00	11/24/2018 0:00:00	11/25/2018 0:00:00	
	Rest	2.00 km @ 06:26 min/km 2x6x400 @ 13.3 km/h [04:30 min/km] 2.00 km @ 06:26 min/km	10.00 km @ 06:26 min/km	3.00 km @ 06:16 min/km 5.00 km @ 04:56 min/km 2.00 km @ 06:16 min/km	Rest	14.00 km @ 05:41 min/km	16.00 km @ 06:26 min/km	57.00 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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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	Rest	2.00 km @ 06:26 min/km 1x1600 @ 12.4 km/h [04:50 min/km] 1x3200 @ 12.0 km/h [05:00 min/km] 2x800 @ 12.9 km/h [04:40 min/km] 2.00 km @ 06:26 min/km	13.00 km @ 06:26 min/km	6.00 km @ 05:41 min/km	Rest	14.00 km @ 05:41 min/km	24.00 km @ 06:26 min/km	65.00 km
	12/3/2018 0:00:00	12/4/2018 0:00:00	12/5/2018 0:00:00	12/6/2018 0:00:00	12/7/2018 0:00:00	12/8/2018 0:00:00	12/9/2018 0:00:00	
7	Rest	2.00 km @ 06:26 min/km 3x2x1200 @ 12.6 km/h [04:46 min/km] 2.00 km @ 06:26 min/km	10.00 km @ 06:26 min/km	8.00 km @ 05:06 min/km	Rest	16.00 km @ 05:41 min/km	26.00 km @ 06:16 min/km	68.00 km
	12/10/2018 0:00:00	12/11/2018 0:00:00	12/12/2018 0:00:00	12/13/2018 0:00:00	12/14/2018 0:00:00	12/15/2018 0:00:00	12/16/2018 0:00:00	
6	Rest	2.00 km @ 06:26 min/km 1x1000 @ 12.7 km/h [04:43 min/km] 1x2000 @ 12.3 km/h [04:53 min/km] 2x1x1000 @ 12.7 km/h [04:43 min/km] 2.00 km @ 06:26 min/km	13.00 km @ 06:26 min/km	8.00 km @ 05:41 min/km	Rest	10.00 km @ 05:41 min/km	19.00 km @ 05:41 min/km	57.00 km
	12/17/2018 0:00:00	12/18/2018 0:00:00	12/19/2018 0:00:00	12/20/2018 0:00:00	12/21/2018 0:00:00	12/22/2018 0:00:00	12/23/2018 0:00:00	
5	Rest	2.00 km @ 06:26 min/km 3x1600 @ 12.4 km/h [04:50 min/km] 2.00 km @ 06:26 min/km	11.00 km @ 06:26 min/km	8.00 km @ 05:41 min/km	Rest	16.00 km @ 05:41 min/km	29.00 km @ 06:11 min/km	71.00 km
	12/24/2018 0:00:00	12/25/2018 0:00:00	12/26/2018 0:00:00	12/27/2018 0:00:00	12/28/2018 0:00:00	12/29/2018 0:00:00	12/30/2018 0:00:00	
4	Rest	2.00 km @ 06:26 min/km 10x400 @ 13.3 km/h [04:30 min/km] 2.00 km @ 06:26 min/km	11.00 km @ 06:26 min/km	16.00 km @ 05:41 min/km	Rest	10.00 km @ 05:41 min/km	22.00 km @ 05:41 min/km	65.00 km
	12/31/2018 0:00:00	1/1/2019 0:00:00	1/2/2019 0:00:00	1/3/2019 0:00:00	1/4/2019 0:00:00	1/5/2019 0:00:00	1/6/2019 0:00:00	
3	Rest	2.00 km @ 06:26 min/km 3x2000 @ 12.3 km/h [04:53 min/km] 2.00 km @ 06:26 min/km	11.00 km @ 06:26 min/km	13.00 km @ 05:41 min/km	Rest	16.00 km @ 05:41 min/km	32.00 km @ 05:56 min/km	80.00 km
	1/7/2019 0:00:00	1/8/2019 0:00:00	1/9/2019 0:00:00	1/10/2019 0:00:00	1/11/2019 0:00:00	1/12/2019 0:00:00	1/13/2019 0:00:00	
2	Rest	2.00 km @ 06:26 min/km 6x800 @ 12.9 km/h [04:40 min/km] 2.00 km @ 06:26 min/km	11.00 km @ 06:26 min/km	8.00 km @ 05:06 min/km	Rest	6.00 km @ 05:41 min/km	19.00 km @ 05:41 min/km	51.00 km
	1/14/2019 0:00:00	1/15/2019 0:00:00	1/16/2019 0:00:00	1/17/2019 0:00:00	1/18/2019 0:00:00	1/19/2019 0:00:00	1/20/2019 0:00:00	
1	Rest	2.00 km @ 06:26 min/km 2x1000 @ 12.7 km/h [04:43 min/km] 2.00 km @ 06:26 min/km	6.00 km @ 06:26 min/km	3.00 km @ 06:16 min/km 5.00 km @ 04:56 min/km 2.00 km @ 06:16 min/km	Rest	10.00 km @ 06:26 min/km	13.00 km @ 05:41 min/km	44.00 km
	1/21/2019 0:00:00	1/22/2019 0:00:00	1/23/2019 0:00:00	1/24/2019 0:00:00	1/25/2019 0:00:00	1/26/2019 0:00:00	1/27/2019 0:00:00	
	Rest	2.00 km @ 06:26 min/km 6x400 @ 13.3 km/h [04:30 min/km] 2.00 km @ 06:26 min/km	Rest	3.00 km @ 05:41 min/km	Rest	Red Hill Marathon! 42.00 km @ 05:41 min/km	Rest	50.00 km