

WTG!	Week Starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	April 3, 2023	5km Run	8 x 800m	5km Run	35min Tempo	Rest	10km Pace	16km Run
12	April 10, 2023	5km Run	8 x Hill (3min)	6km Run	40min Tempo	Rest	12km Pace	18km Run
11	April 17, 2023	6km Run	40min Tempo	6km Run	10km Pace	Rest	12km Run	22km Run
10	April 24, 2023	6km Run	10 x 800m	6km Run	40min Tempo	Rest	12km Pace	26km Run
9	May 1, 2023	8km Run	10 x Hill (3 min)	8km Run	45min Tempo	Rest	14km Pace	28km Run
8	May 8, 2023	8km Run	45min Tempo	8km Run	12km Pace	Rest	16km Run	30km Run
7	May 15, 2023	10km Run	50min Tempo	10km Run	14km Pace	Rest	18km Run	32km Run
6	May 22, 2023	10km Run	12 x Hill (3min)	10km Run	60min Tempo	Rest	16km Pace	30km Run
5	May 29, 2023	10km Run	45min Tempo	10km Run	10km Pace	Rest	14km Run	28km Run
4	June 5, 2023	8km Run	16 x 800m	8km Run	40min Tempo	Rest	16km Pace	26km Run
3	June 12, 2023	8km Run	10 x Hill (3 min)	8km Run	30min Tempo	Rest	6km Pace	22km Run
2	June 19, 2023	6km Run	30min Tempo	6km Run	5km Pace	Rest	6km Run	12km Run
1	June 26, 2023	5km Run	Rest	4km Run	Rest	5km Run	Rest	<b>GC Marathon</b>

**800m's** - are at marathon goal Race Pace + 45 seconds approx for recovery.

FOR EXAMPLE - 3 hour Marathon goal means try & run the 800 in 3mins, recover then leave on 3mins 45secs

**Hill intervals** - on a modest gradient, recover on the downhill

**Tempo Runs** - are at 10km race pace + 15 seconds per km

**Pace Runs** - are done at goal marathon race pace

Monday, Wednesday Sundays and some Saturdays are EASY RUNS

Any days with effort i.e: Hill, Tempo, Pace and 800m runs have a minimum 2km Warm Up and 1km Cool Down

**MARATHON GOAL TIME:**

**MARATHON GOAL PACE:**

**YOUR WHY:**

WHEN YOU NEED SOME HELP GETTING OUT THE DOOR SIMPLY SAY TO YOURSELF:  
**JFDI - JUST F\*CKEN DO IT!**