

Alana Doyle Soul Running prg 2 Sanlam Cape Town Marathon

Week 1	15min E-pace 15x walking lunges, 15min E-pace, 15x walking lunges, 15min E-pace
	10min E plus 4 strides, 4 x 10min at T-pace with 2min rest, 10min E
	5x(3min E-pace, 7min M-pace)
	Back to back LSD 18km
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Week 2	45min E plus 6 strides (3x1min Plank stand) recovery run or complete rest.
	1h00 Hilly route run at E-pace, run the hills at M-pace
	2x (10min E, 10min M, 5min I-pace)
	45min E plus 6 strides (3x1min Plank stand)
	20km LSD: 10km E-pace, 10km M-pace run
Week 3	55min E-pace with 30sec I-pace sprints after every 5min.
	10min E, 3x 3km T-pace with 2min complete rest, 10min E
	1h20 Midweek LSD at E
	rest
	1h20 E-pace
Week 4	50min E, excel for 1min at T-pace at 9,19,29,39,49min (Mon)
	10min E , 6x Strides, 4x 4min T-pace with 1min rest, 10min E (Tue)
	35min E plus 6 strides (3x1min Plank stand) (Wed) or complete rest
	2x (5min E, 5min M) (Thu)
	rest (Fri) jog 20min Sat plus 4 strides (Sat)
	SANLAM Cape Town Marathon
Level 38	
SRF-pace	Stage race feeling(normally two runs back to back,i.e Fri pm and Sat am)
	E-pace 6:05 per km, HR between 120-140bm
	T-pace 4:54 per km, HR 150-165 bm
	M-pace 5:14 per km, HR 140-150bpm
	I-pace 4:31 per km, HR 165 bpm plus
Notes:	Sessions in Grey is the ones not to miss during the week.
	If you feel recovered you are welcome to add easy run's, but dont leave out any of the highlighted, all E-pace runs can be done on the trails or road.
	4-5 sessions per week, you can move them around to fit into your schedule, LSD runs can be replaced by weekend races. If you want to do another run, 50min E-pace.
	Above pace level 38 will translate into the following times on a flattish course, 5km - 25:12, 10km - 52:17, 21.1km- 1h55:55, 42.2km - 3h59:39
	Please indicate after a week if the pace levels feel reachable or not
	Walking lunges and squats should be performed with no weight, during runs
	Skips can be done with or without a skipping rope, focus quick front foot motion.
	Bridge or plank stand: depending on your core strength, you can start with 30sec and build it up with time, otherwise do 1min on 1min off/rest.
	*Strides is 80-100m of almost sprinting, but controlled effort runs with 30sec rest.
	Enjoy!