

PEAK 42.2 PLAN

For intermediate runners who log at least 50km per week (including a long run of 15km+)

Week	M	T	W	Th	F	Sa	Su	Total
1	Easy 8	10km hills + strides	Rest or XT	Easy 8	Easy 6	16	Rest	48
2	Easy 8	11km hills + strides	Rest or XT	Easy 8	Easy 6	19	Rest	52
3	Easy 8	13km hills + strides	Rest or XT	Easy 10	Easy 5	23	Rest	59
4	Easy 10	8km straights/curves + drills	Rest or XT	Up-tempo 10	Easy 8	16	Rest	52
5	Easy 10	400s: 8 x 400 metres (11km total)	Rest or XT	Easy 10	Easy 8	23	Rest	62
6	Easy 10	Yasso 800s: 6 x 800 metres (11km total)	Rest or XT	Easy 10	Easy 6	26 with up-tempo last 10km	Rest	63
7	Easy 6	400s: 10 x 400 metres (13km total)	Rest or XT	Easy 11	Easy 6	29	Rest	65
8	Easy 11	8km straights/curves + drills	Rest or XT	Up-tempo 13	Easy 8	19	Rest	59
9	Easy 10	1600s: 4 x 1600m (13km total)	Rest or XT	Easy 10	Easy 8	Half marathon	Rest	62
10	Easy 8	Yasso 800s: 8 x 800 metres (13km total)	Rest or XT	Easy 10	Easy 8	29	Rest	68
11	Easy 10	8km straights/curves + drills	Rest or XT	Up-tempo 16	Easy 6	32	Rest	72
12	Easy 11	1600s: 5 x 1600m (15km total)	Rest or XT	Easy 10	Easy 8	24	Rest	68
13	Easy 8	8km straights/curves + drills	Rest or XT	Easy 10	Easy 6	29 with up-tempo last 10km	Rest	61
14	Easy 8	400s: 12 x 400 metres (14km total)	Rest or XT	Easy 10	Easy 8	24	Rest	64
15	Easy 6	Up-tempo 8	Rest or XT	Easy 8	Easy 6	16	Rest	44
16	Easy 5	8km straights/curves + drills	Rest	Easy 6	Rest	Easy 5	Race	66

- Block out at least one day of complete rest each week – Sunday is good if you like running long on Saturdays.
- Simplify your decision-making and save mental energy by designating a speedwork day ('Track Tuesday'), a long-run day, and a rest day – and sticking to them most weeks.
- Sustaining (and then gradually increasing) a tough pace requires you to avoid 'freak-out moments' and have a calm conversation in your mind.
- A tune-up race is a good place to test out what you'll wear and eat on race day – and to practise reframing your nerves as excitement.

KEY

→ **EASY** Keep the pace conversational. **HILLS + STRIDES** Log the distance on a hilly course, or do repeats – maintaining a comfortable effort – between 2km of warm-up and cool-down. Finish with six approximately 100-metre pick-ups (strides), gradually accelerating to about 5-K effort, holding it for five to 10 seconds, and gradually decelerating. Recover fully (walking) between each. **XT** Easy-effort, low-impact cardio workouts like swimming, cycling, or pool running – just enough to get blood circulating (30 to 60 minutes). Totally optional. **LONG** Maintain a conversational pace. **STRAIGHTS/CURVES + DRILLS** Warm up with 3km of jogging to a track, followed by dynamic stretches: leg swings (side to side and front to back), walking lunges, high knees, and butt-kicks – 10 reps of each on each side. Then do four laps, surging on the straights (between 5-K and 2-K pace) and recovering on the curves. Cool down

with 3km. **TRACK 400s and 1600s** Warm up with 3km of jogging to a track, followed by dynamic stretches and a few strides. Run the 400s at approximately 5-K pace and recover with 200 metres of jogging. Run the 1600m repeats at approximately 10-K pace with a 400-metre jog between. Cool down with 3km (400s) / 1600m (1600s). **UP-TEMPO** Warm up with 2km. Then run each 2km a bit faster, working your way up to between marathon and half-marathon pace for the final 2km to 3km. **YASSO 800s** Warm up with 2km of jogging to a track, followed by dynamic stretches and a few strides. Run each rep in your goal marathon time (eg, for a 4:00.00 marathon, run each rep in 4:00; for 4:30.00, hit 4:30), and recover with 400 metres of jogging. Cool down with 2km. **HALF MARATHON** Warm up with 5km of easy jogging. Spend the first 5km of the race easing into goal marathon pace, then maintain it for the final 15km.

YOUR FIRST DAY

Pretoria Marathon
Race Day 25 Feb 2018
Start Training
4 Oct 2017

Buffalo Marathon
Race Day 27 Feb 2018
Start Training
4 Oct 2017

Wally Hayward Marathon
Race Day 1 May 2018
Start Training
6 Jan 2018

Weskus Marathon
Race Day 6 May 2018
Start Training
11 Jan 2018