

# SYDNEY MARATHON TRAINING PLAN

CANDIDATE RACE

ABBOTT  
WORLD MARATHON MAJORS

LEVEL: FIRST TIMER

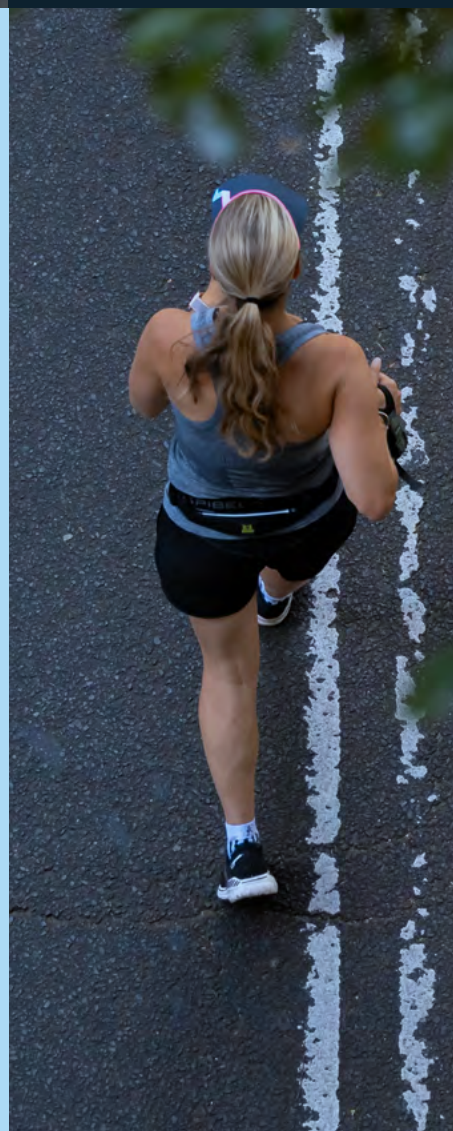




# PACING

## GETTING STARTED:

This program is designed for someone who runs once or twice a week or is new to running. The plan is to slowly build you up and improve your running so you can complete the Sydney Marathon. There is a mix of walking and running to prepare your body to move for as long as it takes to complete 42.2km. Don't worry about your pace, get out there and enjoy your running. There will be tough days, but when you run towards the Opera House in September, it will all be worth it!





G:

You have to take responsibility for pacing yourself during this program. Remember that you have 16 weeks of training to get through.

The duration of the runs will make you tired but the effort should be fairly easy. Feeling like you could go longer is a good thing.

## WANT TO GET A HEADSTART?

Great!

The earlier you can get into your training the better, but remember this program is 16 weeks long, and we want to get you to race day feeling good.

If you want to add a few extra weeks, just repeat weeks 1 and 2 until you get started with everyone else on the 29th of May.

## STARTING A LITTLE LATE?

It's OK!

You still have time, but be careful! If you're only a few weeks late, complete every other week until you catch up to the current week of training.

Listen to your body. If you feel like it's a bit too much too quickly, then slow down take an extra rest day to let your body catch up.

The most important thing is lining up at the start injury free.



DON'T WORRY ABOUT YOUR PACE, GET OUT THERE AND ENJOY YOUR RUNNING!

## NEED TO MOVE THINGS AROUND?

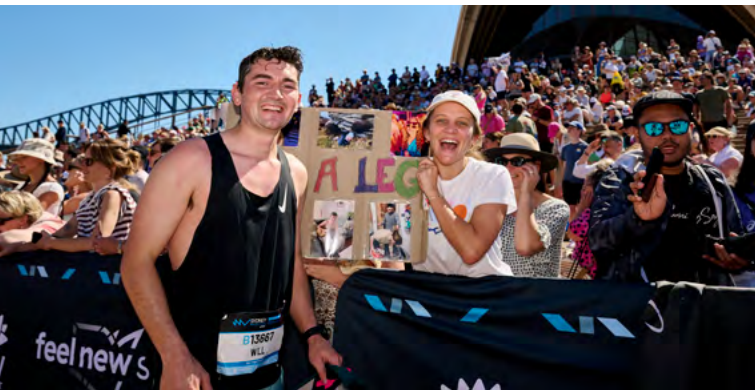
All good.

We understand that work and life can get in the way. Feel free to shuffle the plan as needed, just try to have a rest day between runs.

# HILLS?

As you have probably heard there are some hills in Sydney Marathon.

Don't be scared! There are plenty of downhills too. The best thing you can do to be prepared is run on hills. When you're feeling good run on a hilly course, keep the effort easy but just get a feeling for going up and down.



# MY EXPERIENCE FROM 2023

I was blown away by the Sydney Marathon in 2023.

Running a marathon is always going to be hard but the support out on the course made it one of the most enjoyable marathons I've done. The views you see, the loud cheers and the finish is something I will never forget.

I was in plenty of pain the last few kilometers, but when I turned the corner and saw that finish line next to the harbour, I literally said 'wow...!' I will definitely be back at the Sydney Marathon soon.



# YOUR COACH BRETT ROBINSON

CURRENT AUSTRALIAN  
MARATHON RECORD HOLDER  
2HR 7 MIN, 31 SEC

Brett was originally one of Australia's finest 5,000m runners, representing the country at the Athletics World Championships in 2013 and has a personal best time of 13 minutes and 18 seconds. He represented Australia at the 2016 Rio Olympic Games in the 5,000m, eventually finishing in 14th place.

Since the Rio Olympic Games, Brett has turned his focus to the longer distance running events, throwing himself into both half and full marathon training. In 2019 he ran 2:10:55 at the London Marathon and In 2020 he ran his half-marathon personal best, becoming the first Australian to break the magical one-hour barrier with an impressive time of 59 minutes and 57 seconds. He also qualified for the Tokyo Olympic Games in the marathon, fighting through stomach issues to finish in 66th position.

In December 2022 Brett broke Rob De Castella's 36 year old Australian Marathon record running a time of 2:07:31. This time has qualified Brett for the 2024 Paris Olympic Games.



# WEEK ONE

27TH OF MAY - 2ND OF JUNE

01

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	30 MIN WALK WITH 3 X 2 MIN EASY RUNS THROUGHOUT
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	4 X (5 MIN WALK, 5 MIN EASY RUN)
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	3 X (5 MIN WALK, 10 MIN EASY RUN)
WEEKLY TIP	IN THIS FIRST WEEK, WE ARE TRYING TO DEVELOP A ROUTINE. SET TIME ASIDE FOR YOUR TRAINING, AND TRY TO KEEP IT THE SAME DAY AND TIME EACH WEEK.

# WEEK TWO

3RD OF JUNE - 9TH OF JUNE

02

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	10 MIN WALK, 10 MIN EASY RUN, 10 MIN WALK
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN WALK, 20 MIN EASY RUN, 10 MIN WALK
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	10 MIN WALK, 15 MIN EASY RUN, 5 MIN WALK, 15 MIN EASY RUN, 10 MIN WALK
WEEKLY TIP	MIXING RUNNING AND WALKING IS A GREAT WAY TO BUILD UP YOUR ENDURANCE. USE THE WALKS TO GRAB A DRINK, BUT TRY TO KEEP MOVING. ON RACE DAY, THERE IS NOTHING WRONG WITH HAVING WALK BREAKS, ESPECIALLY THROUGH DRINK STATIONS.

# WEEK THREE

10TH OF JUNE - 16TH OF JUNE

03

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	10 MIN WALK, 20 MIN EASY RUN, 10 MIN WALK
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	5 MIN WALK, 15 MIN EASY RUN, 5 MIN WALK, 15 MIN EASY RUN, 5 MIN WALK
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	10 MIN WALK, 20 MIN EASY RUN, 10 MIN WALK, 20 MIN EASY RUN, 10 MIN WALK
WEEKLY TIP	WE AREN'T LOOKING AT PACE AT THE MOMENT. "EASY RUN" MEANS YOUR EASY! ENJOY THE RUN AS MUCH AS YOU CAN. IF YOU'RE EXHAUSTED AT THE END, YOU'RE RUNNING TOO FAST.



# WEEK FOUR

17TH OF JUNE - 23RD OF JUNE

04

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	5 MIN WALK, 35 MIN EASY RUN, 5 MIN WALK
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	30 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	10 MIN WALK, 30 MIN EASY RUN, 10 MIN WALK, 30 MIN EASY RUN, 10 MIN WALK
WEEKLY TIP	PRACTICE GETTING INTO A RHYTHM AND SWITCHING OFF.

# WEEK FIVE

24TH OF JUNE - 30TH OF JUNE

05

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	5 MIN WALK, 35 MIN EASY RUN, 5 MIN WALK
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	30 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	15 MIN WALK, 45 MIN EASY RUN, 15 MIN WALK
WEEKLY TIP	THIS IS AN EASIER WEEK SO YOU CAN APPRECIATE THE HARD WORK YOU'VE ALREADY PUT IN.

# WEEK SIX

1ST OF JULY - 7TH OF JULY

006

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	30 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	5 MIN WALK, 25 MIN EASY RUN, 5 MIN WALK, 25 MIN EASY RUN, 5 MIN WALK, 25 MIN EASY RUN, 5 MIN WALK
WEEKLY TIP	WE ARE NOW STARTING TO BUILD INTO SOME LONGER RUNS! NO NEED TO PUSH THE EFFORT STILL – THIS IS JUST ABOUT TIME ON YOUR FEET.

# WEEK SEVEN

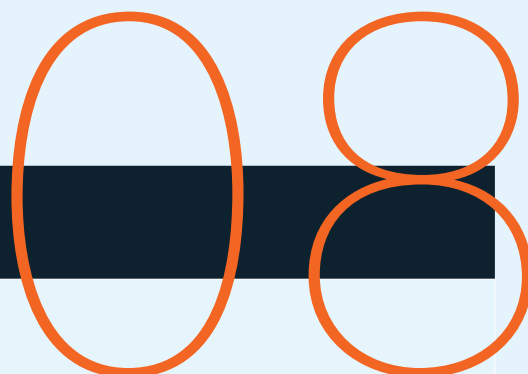
8TH OF JULY - 14TH OF JULY

07

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN EASY RUN, 6X1 MIN AT 80% PACE/EFFORT WITH 1 MIN WALK BETWEEN, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	5 MIN WALK, 25 MIN EASY RUN, 5 MIN WALK, 25 MIN EASY RUN, 5 MIN WALK, 25 MIN EASY RUN, 5 MIN WALK
WEEKLY TIP	SOME FASTER RUNNING TO REALLY GET THE HEART BEATING!

# WEEK EIGHT

15TH OF JULY - 21ST OF JULY



DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN EASY RUN, 5 X 2 MIN AT 80% PACE/EFFORT WITH 2 MIN WALK/EASY JOG BETWEEN, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK
WEEKLY TIP	MAKE SURE YOU RECOVER PROPERLY FROM THE RACE THIS WEEK. IT'S FINE TO DO A LITTLE LESS IF YOU FEEL YOUR BODY ISNT READY FOR FULL TRAINING YET.

# WEEK NINE

22ND OF JULY - 28TH OF JULY

09

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	25 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	25 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	SYDNEY HARBOUR 10K OR A PARKRUN
WEEKLY TIP	IT'S TIME TO TOE THE LINE AND SEE HOW YOUR TRAINING IS PROGRESSING. THIS WEEK WILL BE AN EASIER WEEK HEADING INTO A RACE ON THE WEEKEND. USE THIS AS AN OPPORTUNITY TO HONE YOUR EVENT-DAY RITUAL - PRACTISE FUELLING, HYDRATION AND HOW TO MANAGE PRE-RACE NERVES.

# WEEK TEN

29TH OF JULY - 4TH OF AUGUST

10

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	30 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN EASY RUN, 5 MIN AT 80%, 5 MIN EASY RUN, 5 MIN AT 80%, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	15 MIN WALK, 60 MIN EASY RUN, 15 MIN WALK
WEEKLY TIP	PRACTISE YOUR IN-RACE FUELLING AND HYDRATION BY TAKING A GEL OR DRINK EVERY TIME YOU HAVE A WALK.

# WEEK ELEVEN

5TH OF AUGUST - 10TH OF AUGUST

11

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN EASY RUN, 10 MIN AT 80% EFFORT, 5 MIN EASY RUN, 10 MIN AT 80% EFFORT, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	5 MIN WALK, 20 MIN EASY RUN, 5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK, 20 MIN EASY RUN, 5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK
WEEKLY TIP	IT'S IMPORTANT TO NOT PUSH TOO HARD IN THESE SESSIONS. THE PACE SHOULD FEEL SLIGHTLY UNCOMFORTABLE BUT YOU SHOULD FEEL LIKE YOU COULD MAINTAIN THAT EFFORT FOR ANOTHER REP OR TWO.



# WEEK TWELVE

11TH OF AUGUST - 18TH OF AUGUST

12

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN EASY RUN, 20 MIN AT 80% EFFORT, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	10 MIN WALK, 45 MIN EASY RUN, 10 MIN WALK, 45 MIN EASY RUN, 10 MIN WALK
WEEKLY TIP	WE ARE REALLY GETTING DEEP INTO TRAINING NOW. IF ANY NIGGLES ARE POPPING UP, MAKE SURE YOU SEE A PHYSIO OR GET A MASSAGE. FOAM ROLLING AND STRETCHING – MAYBE GIVE YOGA A TRY – IS A GREAT WAY TO KEEP THE ACHES AND PAINS AWAY.

# WEEK THIRTEEN

19TH OF AUGUST - 25TH OF AUGUST

13

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN EASY RUN, 5 X 6 MIN AT 80% EFFORT WITH 2 MIN WALK/JOG BETWEEN, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	30 MIN EASY RUN, 5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK, 30 MIN EASY RUN, 5 MIN WALK
WEEKLY TIP	GET READY FOR YOUR LONGEST RUN OF THE PROGRAM.

# WEEK FOURTEEN

26TH OF AUGUST - 1ST OF SEPT

14

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN EASY RUN, 2 X 15 MIN AT 80% EFFORT/PAGE WITH 5 MIN EASY BETWEEN, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	15 MIN WALK, 80 MIN EASY RUN, 15 MIN WALK
WEEKLY TIP	EIGHTY MINUTES OF CONTINUOUS RUNNING THIS WEEK - BUT IF YOU EVER FEEL LIKE YOU NEED TO WALK, GO AHEAD! TAKE A MINUTE OR TWO TO COMPOSE YOURSELF, THEN PICK THE PACE RIGHT BACK UP.

# WEEK FIFTEEN

2ND OF SEPT- 8TH OF SEPT

15

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	30 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	10 MIN EASY RUN, 2 X 10 MIN AT 80% EFFORT/PACE WITH 5 MIN EASY BETWEEN, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	ACTIVE RECOVERY/REST DAY
SUNDAY	15 MIN WALK, 45 MIN EASY RUN, 15 MIN WALK
WEEKLY TIP	CONGRATULATIONS – YOUR TAPER HAS STARTED! DON'T EXPECT YOUR LEGS TO FEEL BETTER STRAIGHT AWAY. YOU'VE PUT IN A HUGE AMOUNT OF TRAINING, SO IT WILL TAKE SOME TIME TO FEEL FULLY FRESH.

# WEEK SIXTEEN

9TH OF SEPT - 15TH OF SEPT

16

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	20 MIN EASY RUN
WEDNESDAY	ACTIVE RECOVERY/REST DAY
THURSDAY	20 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	20 MIN EASY RUN
SUNDAY	RACE DAY
PRO TIP	RUN SMART AND STICK TO YOUR PACING PLAN. IT'S GOING TO HURT, BUT TRUST YOUR TRAINING! DIG DEEP AND ENJOY THE EXPERIENCE. GOOD LUCK!

# PACE CHART



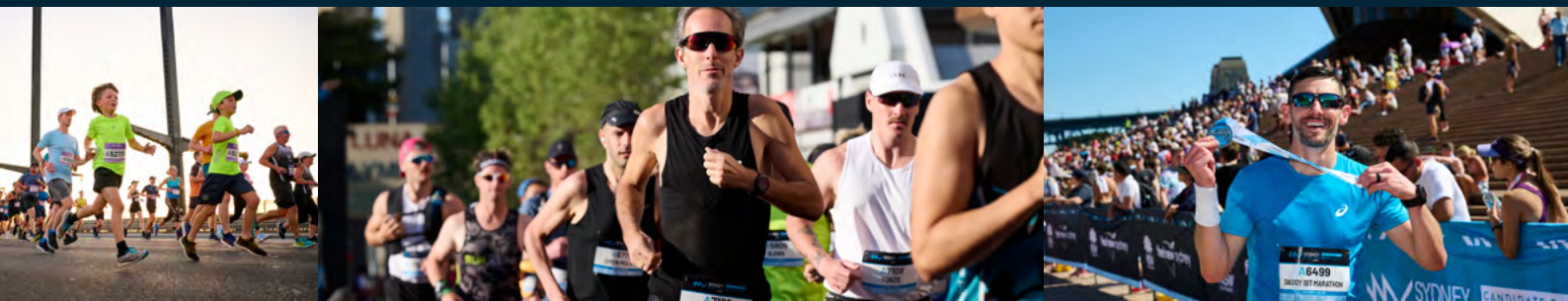
5KM PB	10KM PB	HALF MARATHON PB	MARATHON PB (GOAL PACE)	EASY RUN PACE
18:30:00	38:30:00	01:25	3:00 (4:15/km)	4:45 min/km-5:30 min/km +
20:30:00	42:30:00	01:33	3:15 (4:37/km)	4:55 min/km-5:40 min/km +
21:45:00	45:30:00	01:40	3:30 (4:58/km)	5:15 min/km-6:15 min/km +
23:30:00	49:00:00	01:48	3:45 (5:19/km)	5:30 min/km-6:30 min/km +
25:00:00	52:00:00	01:55	4:00 (5:41/km)	5:55 min/km-6:55 min/km +
26:30:00	55:00:00	02:02	4:15 (6:02/km)	6:15 min/km-7:15 min/km +
28:00:00	58:30:00	02:10	4:30 (6:23/km)	6:30 min/km-7:30 min/km +
30:00:00	01:02	02:15	4:45 (6:45/km)	6:55 min/km-7:55 min/km +
31:30:00	01:05	02:23	5:00 (7:06/km)	7:15 min/km-8:15 min/km +



**AS THE SYDNEY MARATHON IS RUN UNDER WORLD ATHLETICS RULES & REGULATIONS, ALL OFFICIAL RESULTS WILL BE BASED ON GUN TIME. PARTICIPANTS WILL RECEIVE BOTH GUN TIME AND NET TIME ON THEIR FINISHER CERTIFICATES.**

# LET'S MAKE HISTORY TOGETHER!

FOR MORE INFORMATION, VISIT:  
[SYDNEYMARATHON.COM](http://SYDNEYMARATHON.COM)



CANDIDATE RACE  
ABBOTT  
WORLD MARATHON MAJORS