



SYDNEY MARATHON TRAINING PLAN

CANDIDATE RACE

ABBOTT
WORLD MARATHON MAJORS

LEVEL: INTERMEDIATE





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GETTING STARTED:

This program is designed for someone who runs 2-4 times a week, but is looking for a structured plan to get them in shape to run the Sydney Marathon.

You should have a goal time in mind, as many workouts will be using target marathon pace. If you need help setting a goal time, plug a recent race into the pace chart to work out a realistic goal time.



TO GET EADSTART?

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 at least two rest days per week.

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 EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 15 MIN AT GOAL MARATHON PACE, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	75 MIN EASY RUN
WEEKLY TIP	LET'S GO! SIXTEEN WEEKS OF TRAINING AHEAD SO EASE INTO IT AND LET THE PROGRAM BUILD YOUR FITNESS.

WEEK TWO

3RD OF JUNE - 9TH OF JUNE

02

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	30 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 2 X 10 MIN AT GOAL MARATHON PACE WITH 2 MIN JOG/WALK BETWEEN, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	80 MIN EASY RUN
WEEKLY TIP	KEEP YOUR EASY RUNS EASY. NO SINGLE RUN WILL MAKE OR BREAK YOUR TRAINING, BUT WEEKS OF SOLID TRAINING WILL PUT YOU IN THE BEST POSITION ON RACE DAY.

WEEK THREE

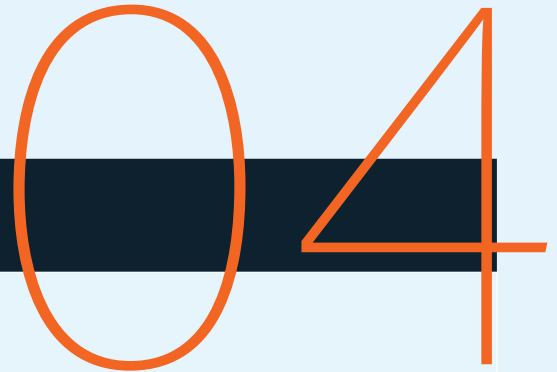
10TH OF JUNE - 16TH OF JUNE

03

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 2 X 12 MIN AT GOAL MARATHON PACE WITH 2 MIN JOG/WALK BETWEEN, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	90 MIN EASY RUN
WEEKLY TIP	RUN WITH FRIENDS WHEN YOU CAN TO MAKE THE TIME GO BY QUICKER.

WEEK FOUR

17TH OF JUNE - 23RD OF JUNE



DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 2 X 15 MIN AT GOAL MARATHON PACE WITH 2 MIN JOG/WALK BETWEEN, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	90 MIN EASY RUN
WEEKLY TIP	PRACTISE GETTING INTO A RHYTHM AND SWITCHING OFF.

WEEK FIVE

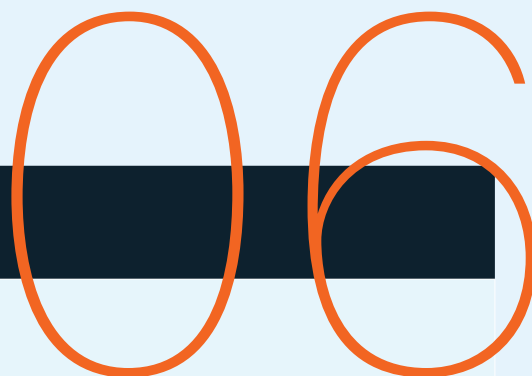
24TH OF JUNE - 30TH OF JUNE

05

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 25 MIN AT GOAL MARATHON PACE, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	1 HR 45 MIN EASY RUN
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 SIX

1ST OF JULY - 7TH OF JULY



DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	45 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, MONA FARTLEK 2 X 90 SEC, 4 X 60 SEC, 4 X 30 SEC, 4 X 15 SEC. AFTER EACH REP, HAVE AN EQUAL TIME FLOAT (SOLID JOG) RECOVERY. 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	1 HR 45 MIN EASY RUN
WEEKLY TIP	THIS WEEK WE ARE DOING A "MONA FARTLEK" WORKOUT, A STAPLE SESSION IN STEVE MONEGHETTI'S MARATHON BUILDS. START WITH THE 90 SEC REPS AROUND 10KM PACE AND GET SLIGHTLY FASTER AS THE REP GETS SHORTER.

WEEK SEVEN

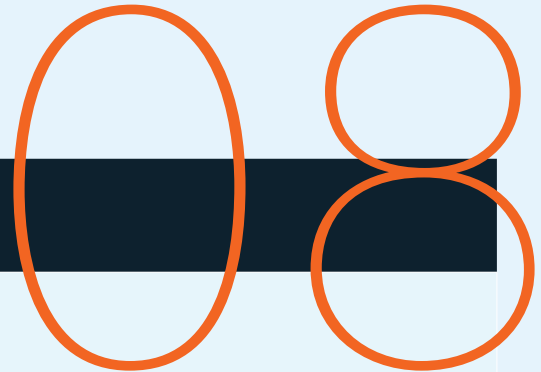
8TH OF JULY - 14TH OF JULY

07

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	45 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 30 MIN AT GOAL MARATHON PACE, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	2 HOUR EASY RUN
WEEKLY TIP	SYDNEY MARATHON HAS SOME HILLS THROUGHOUT THE RACE, THE BEST WAY TO PREPARE FOR THEM IS TO PRACTISE THEM. FIND A LONG COURSE THAT INCLUDES SOME HILLS, DONT WORRY ABOUT PACE JUST LET THE HILLS DO THE WORK.

WEEK EIGHT

15TH OF JULY - 21ST OF JULY



DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	45 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 5 X 2KM AT GOAL MARATHON PACE WITH 2 MIN JOG BETWEEN, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	90 MIN EASY RUN
WEEKLY TIP	RACE WEEK NEXT WEEK SO LETS REALLY FOCUS ON GETTING THE BODY FEELING GOOD. SLEEP IS THE MOST IMPORTANT THING FOR YOUR RECOVERY SO LETS MAKE A BIG EFFORT.

WEEK NINE

22ND OF JULY - 28TH OF JULY



DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	45 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 15MIN AT GOAL MARATHON PACE, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
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	50 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 4 X 3KM AT GOAL MARATHON PACE WITH 2 MIN JOG BETWEEN, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	25KM EASY RUN
WEEKLY TIP	WE'RE NOW PRESCRIBING LONG RUNS BY DISTANCE INSTEAD OF TIME SO WE CAN MAKE SURE YOU'RE COVERING ENOUGH GROUND. DON'T WORRY ABOUT YOUR PACE THOUGH - IT'S ALL ABOUT TIME ON LEGS.

WEEK ELEVEN

5TH OF AUGUST - 10TH OF AUGUST

11

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	50 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 3 X 4KM AT GOAL MARATHON PACE WITH 2 MIN JOG BETWEEN, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	28KM EASY RUN
WEEKLY TIP	IT'S OK IF YOU'RE RUNNING A LITTLE SLOWER THAN MARATHON PACE IN YOUR SESSIONS. WITH THIS AMOUNT OF TRAINING, IT'S NORMAL FOR YOUR LEGS TO FEEL A BIT TIRED. DON'T WORRY, ONCE YOU START YOUR TAPER, YOUR LEGS WILL GET THE RECOVERY THEY NEED.

WEEK TWELVE

11TH OF AUGUST - 18TH OF AUGUST

12

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	50 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 5KM, 4KM, 3KM, 2KM, 1 KM AT GOAL MARATHON PACE WITH 2 MIN JOG BETWEEN, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	30KM EASY RUN
WEEKLY TIP	PRACTISE YOUR IN-RACE FUELLING AND HYDRATION AS MUCH AS YOU CAN.

WEEK THIRTEEN

19TH OF AUGUST - 25TH OF AUGUST

13

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	50 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	10KM EASY RUN, 10KM AT 80% OF MARATHON PACE, 10KM AT MARATHON PACE, 2KM EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	25KM EASY RUN
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 FOURTEEN

26TH OF AUGUST - 1ST OF SEPT

14

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	50 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 5KM AT GOAL MARATHON PACE WITH 3 MIN JOG, 10 MIN OF 1 MIN AT 10KM PACE/1 MIN AT EASY PACE, 3MIN JOG, 5KM AT GOAL MARATHON PACE 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	20KM EASY RUN
WEEKLY TIP	LAST LITTLE BIT OF TRAINING AND THEN WE START THE TAPER. YOU'RE NEARLY THERE!

WEEK FIFTEEN

2ND OF SEPT- 8TH OF SEPT

15

DAY	ACTIVITY
MONDAY	ACTIVE RECOVERY/REST DAY
TUESDAY	40 MIN EASY RUN
WEDNESDAY	30 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	15 MIN EASY RUN, 30 MIN AT GOAL MARATHON PACE, 15 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	30 MIN EASY RUN
SUNDAY	75 MIN EASY RUN
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	30 MIN EASY RUN
WEDNESDAY	20 MIN EASY RUN OR REST/CROSS TRAINING
THURSDAY	10 MIN EASY RUN, 4 X 1 MIN AT GOAL MARATHON PACE WITH 1 MIN REST BETWEEN, 10 MIN EASY RUN
FRIDAY	ACTIVE RECOVERY/REST DAY
SATURDAY	15 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



**SYDNEY
MARATHON**
presented by **asics**

CANDIDATE RACE

**ABBOTT
WORLD MARATHON MAJORS**