



THABO YOUR FITNESS COACH
TRAINING PLAN
THE ICON'S JOURNEY MARATHON
103KM



Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	14/03/2022 - 20/03/2022	REST/45min Easy Walk	TEMPO 1	60min	FARTLEKS	REST DAY	2.5hrs	TEMPO 2
2	21/03/2022 - 27/03/2022	REST/45min Easy Walk	TEMPO 1	60min	FARTLEKS	REST DAY	2.5hrs	TEMPO 2
3	28/03/2022 - 03/04/2022	REST/45min Easy Walk	TEMPO 2	70min	FARTLEKS	REST DAY	3hrs	TEMPO 2
4	04/04/2022 - 10/04/2022	REST/45min Easy Walk	TEMPO 2	70min	FARTLEKS	REST DAY	3hrs	HILLS/TRAIL
5	11/04/2022 - 17/04/2022	REST/45min Easy Walk	HILLS	80min	INTERVALS	REST DAY	3hrs	HILLS/TRAIL
6	18/04/2022 - 24/04/2022	REST/45min Easy Walk	HILLS	80min	INTERVALS	REST DAY	4hrs	2hrs
7	25/04/2022 - 01/05/2022	45min Easy Run	HILLS	80min	INTERVALS	REST DAY	4hrs	2hrs
8	02/05/2022 - 08/05/2022	45min Easy Run	HILLS	80min	INTERVALS	REST DAY	4hrs	2hrs
9	09/05/2022 - 15/05/2022	45min Easy Run	INTERVALS	90min	HILLS	REST DAY	4hrs	2hrs
10	16/05/2022 - 22/05/2022	45min Easy Run	INTERVALS	90min	HILLS	REST DAY	5hrs	TEMPO 1/TRAIL
11	23/05/2022 - 29/05/2022	45min Easy Run	INTERVALS	90min	HILLS	REST DAY	5hrs	TEMPO 1/TRAIL
12	30/05/2022 - 05/06/2022	45min Easy Run	INTERVALS	90min	HILLS	REST DAY	5hrs	TEMPO 1/TRAIL
13	06/06/2022 - 12/06/2022	45min Easy Run	FARTLEKS	70min	TEMPO 1	REST DAY	3hrs	60min
14	13/06/2022 - 19/06/2022	45min Easy Run	FARTLEKS	70min	TEMPO 1	REST DAY	3hrs	60min
15	20/06/2022 - 26/06/2022	45min Easy Run	FARTLEKS	70min	60min	REST DAY	2hrs	90min
16	27/06/2022 - 03/07/2022	45min Easy Run	FARTLEKS	60min	60min	REST DAY	1hr	INTERVALS
17	04/07/2022 - 10/07/2022	REST DAY	30min	30min	20min	REST DAY	REST DAY	RACE DAY

Session types

Tempo workout

- Run at a pace that can be maintained for approx. 30 – 60 minutes without feeling overly exerted. They should be hard but you can still just hold a conversation.
 - Tempo 1 – Run easy for 30 mins then Tempo for 30 mins
 - Tempo 2 – Run easy for 60 mins then Tempo for 60 mins

Fartlek

- A workout that involves both hard and recovery efforts. The key to this workout is to maintain the recovery pace at a moderate intensity rather than an easy pace. During the run, complete a workout that is structured i.e.
 - 15 Min Warm Up
 - 1 x 4min on 4 min off, 2 x 3min on 3min off, 2 x 2min on 4 x 1 min on 4 x 1 min off
 - 15 Min Warm Down

Intervals

- A workout that is relaxed steady running.
 - Sets of intervals 2 - 5 mins at moderate – hard intensity.
 - Number of intervals should be 4 – 8.
 - Recovery should be sufficient, enough to complete all sets at without significant fatigue.

Hill Repeats (Running)

- On a hill between 400m and 800, long, reasonably steep but runnable. Focus is just running the hills strong at a pace that allows you to complete the session.
 - Each rep should take between 2 – 3mins
 - Jog the down hills slightly harder to condition your quads.

Hill Repeats (Power Walking)

- Done on a hill anywhere from 200m to 1km. It should be a hill that's too difficult to run. Focus is walking with purpose and using your arms to assist your momentum. Walk at a pace that allows you to complete at least 30 min of walking. It may mean you walkup, slowly jog down and walk up again.

Double Runs

- Divide your days training (easy runs or long runs only) DO half in the AM and half in the PM

Long Runs

- Ensure that some weeks you make your Long Run over terrain that includes some hills. During these long runs WALK all the hills.

Recovery

- If your schedule permits aim for a Monday and Friday as 'rest days'. As fitness improves take Friday only as your rest day. Golden rule is to include another rest day or active recovery day i.e. walk if you're tired.