

Mthandazo Qhina 's 6 Weeks Marathon Training Program

	MONDAY	TUESDAY	WEDNESDAY	THURDAY	F R I D A Y	SATURDA Y	SUNDAY
WEEK 1	1HR E	1HR E	1HR E	1HR E		2HR E	REST
WEEK 2	1H30 E	1HR E	1H30 E	1 HR E	R	2H30 E	REST
WEEK 3	AM: 45MIN E	1HR M	1HR M	1 HR M	E	2H30 M	REST
	PM: 1HR M	30MIN F	1 HR M	1H30 F			
WEEK 4	AM: 45MIN E	1HR E	45MIN E	REST	S	21.1KM RACE	21.1KM RACE
	PM: 10KM F	400M*10F	1HR M				
WEEK 5	AM:45MIN E	1H30 M	45MIN E	1HR E	T	2HR E	REST
	PM: 45MIN E	1H30 M	1HR M	400*15 F			
WEEK 6	AM: 45MIN E	1HR M	REST	REST		REST	42.2KM RACE!!!
	PM: 1HR M	400M*10 F					

Program explained:

E : EASY PACE

M: MEDIUM PACE

F: FAST PACE (it is compulsory to warm up before each session in RED and warm down after completing the session)

400M*F : speed session 400 meters fast on track (with 30 seconds walk/rest between each . do this 10/15 times)

21.1KM RACE	Run 21.1km local race and if none available at the time, then run 21.1km at race pace (back to back 21.1km)
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42.2KM RACE!!!	Goal Race.
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