



MARATHON ADVANCED RUNNING PLAN

Orange Running Festival

WEEK 1

Day 1
5km

Day 2
8km

Day 3
5km

Day 4
5MIN WU, 3X
2MIN HILLS,
15MIN CD

Day 5
REST

Day 6
5min WU, 8km
tempo, 5min CD

Day 7
16km run

WEEK 2

Day 1
5km

Day 2
8km

Day 3
5km

Day 4
5min WU, 30min
tempo, 5min CD

Day 5
REST

Day 6
8km

Day 7
18km

WEEK 3

Day 1
5km

Day 2
10km

Day 3
5km

Day 4
5min WU, 4x
2min hills, 15min
CD

Day 5
REST

Day 6
10km run at target
pace

Day 7
20km run

WEEK 4

Day 1
5km run

Day 2
12km

Day 3
5km

Day 4
5min WU, 35min
tempo, 5min CD

Day 5
REST

Day 6
12km

Day 7
22km





MARATHON ADVANCED RUNNING PLAN

Orange Running Festival

WEEK 5

Day 1
5km

Day 2
12km

Day 3
5km

Day 4
10MIN WU,
5X800M (2MIN
REST BETWEEN),
10MIN CD

Day 5
REST

Day 6
12km at race pace

Day 7
16km run

WEEK 6

Day 1
7km

Day 2
14km run

Day 3
7km

Day 4
5min WU, 5x 2min
hills, 15min CD

Day 5
REST

Day 6
13km at increased
pace

Day 7
26km

WEEK 7

Day 1
7km

Day 2
14km run

Day 3
7km

Day 4
5min WU,
40min tempo,
5min CD

Day 5
REST

Day 6
13km

Day 7
28KM

WEEK 8

Day 1
9km

Day 2
16km

Day 3
9km

Day 4
5min WU, 45min
tempo, 5min CD

Day 5
REST

Day 6
15km

Day 7
32km



Pinnacle
Performance
Running

pinnacleperform.org
pinnacleperformance@outlook.com.au



MARATHON ADVANCED RUNNING PLAN

Orange Running Festival

WEEK 9

Day 1

9km

Day 2

10km

Day 3

9km

Day 4

10MIN WU,
7X800M (2MIN
REST BETWEEN),
10MIN CD

Day 5

10km

Day 6

HALF MARATHON
- target race pace

Day 7

16km run

WEEK 10

Day 1

9km

Day 2

16km

Day 3

9km

Day 4

10min WU, 8x800m
(1min rest between),
10min CD

Day 5

REST

Day 6

16km

Day 7

32km

WEEK 11

Day 1

7km

Day 2

10km

Day 3

7km

Day 4

5min WU,
30min tempo,
5min CD

Day 5

REST

Day 6

6km

Day 7

12KM

WEEK 12

Day 1

5km

Day 2

5min WU, 4x400m
(1min rest
between), 5min CD

Day 3

5km

Day 4

REST

Day 5

REST

Day 6

ORF Shake-Out
Run!

Day 7

RACE DAY

