

Dynamic Running Training plans for the 2019 7 Cairns Marathon / Half Marathon

These training plans compliment the Squad sessions we do at Dynamic Running 3 times a week, leading into the 7 Cairns Marathon. If you want to be part of the squad, you can read more about it here (<http://www.dynamicrunning.com.au/squad-training/>) and contact us via email (info@dynamicrunning.com.au), if you are interested in joining in.

The long runs and races are local in Cairns. You can join in as a virtual runner, if you can't get to the runs or races. Virtual Dynamic Running is currently being set up. So watch this space.

Read this first before you start your training program

There is lots of information in **Lorraine's Squad Training Guide**¹, but here are a couple of fundamental tips that will get you to the start line of your race – AND through to the finish line so you can collect your medal

- Enjoy yourself. Don't overthink things and don't get too obsessed about your training.
- Follow your training program, but you also need to ensure you adapt it to suit your own needs.
- Recovery is essential. It is recommended that you not run at all on Mondays (and Fridays). There are occasional easy weeks for recovery.
- Run with proper form. Do the technique training if you want to learn how to run efficiently.
- Concentrate on getting time on your legs.
- Use the last 3-4 long runs to imitate what you will eat, drink and wear on race day.
- Speed work is not essential, nor recommended, if you are a novice runner.
- ALL other races you do leading up to your A-grade event are training runs. DON'T race them. You will pay for it because you will not be able to get back into your training as quickly as you need to. There are some races and time trials included in the training plan to help you track your progress and predict your finish time.
- Enlist your family or friends to support you – get them to volunteer at the race or be your support crew.

WARNING: Novice runners need to be careful in interpreting how the advice from veterans applies to them. A veteran may sincerely say "this works for me", and since the vet has the physiological adaptation, it does work and seems pretty easy. The novice, without much adaptation, may find that the practice doesn't work for them. Growing and learning are part of the fun of running.

Follow your own journey. Once you get out there and do your race, you will soon realise that despite everything you've read and been told, you still need to 'figure things out for yourself'. Enjoy the challenge and grow. You can count yourself lucky and tick off having completed your first race when you:

1. finish the race
2. don't get injured
3. had some fun and made new friends along the way

How to use the training plan

Select the distance and level (novice or intermediate).

Decide what days you will train on.

Day 1 – Speed work

Day 2 – Easy run (optional)

Day 3 – Tempo or easy run

Day 4 – parkrun (optional)

Day 5 – Long run

Include 1-2 rest/recovery days. Full rest, strength or cross training.

Time it so you have a rest/recovery day the day before your speedwork, and the day after.

Key:

Easy / pull back week

RACE or Time trial

LSD = long slow distance

Runners' clinics = technique training / drills

¹ Lawson, L. (2019). Lorraine's Squad Training Guide. PDF. Available from Dynamic Running Ltd. info@dynamicrunning.com.au. Cost: \$10.00

Which training guide do I use?

Half Marathoners

Novice 1 / Beginner	Novice 2	Intermediate / Experienced runner
<ul style="list-style-type: none"> • If you are a beginner runner • If you run 6-7km 3-4 times a week • If this is your half first marathon • If you have been running for the past 1-2 months • If you have 12-15 weeks to train 	<ul style="list-style-type: none"> • If you have done a ½ marathon before • If you have been running consistently over the past 2-3 months • If you are able to comfortably run distances between 5-10km, 3-5 times a week • If you are an experienced runner, but you are looking for a (relatively) gentle way to prepare for the 21.1km 	<ul style="list-style-type: none"> • If you have done a ½ marathon before or • If you have previously completed a Novice program • If you have been running consistently over the past 3-4 months • If you are ready to increase your mileage • If you are running 5-12 km 3-5 times a week • If you want to do speed work. • If you do tempo runs

Marathoners

Novice 1 - Beginners	Novice 2	Intermediate 1	Intermediate 2
<ul style="list-style-type: none"> • If this is your first marathon • If you have been running for the past 1-2 months • If you have 18 weeks to train 	<ul style="list-style-type: none"> • If you are a new or first-time marathoner or • If you have done a ½ marathon or even a full marathon. • If you have been running consistently for the past 1-3 months • If you are able to comfortably run distances between 5-10km • If you are running 20-25km per week • If you are training 3-4 days per week 	<ul style="list-style-type: none"> • If you have run a marathon or half-marathon or • If you have been running consistently for the past six months • If you are ready to increase your mileage • If you are running 25 – 32km per week • If you train 3-5 days a week and you do tempo runs. 	<ul style="list-style-type: none"> • If you have run a marathon under 4 hours • If you train consistently throughout the year. • If you are ready to increase your mileage • If you are running 32 – 40km+ per week. • If you train 3-5 days a week and do intervals, hills and tempo runs.

Novice Marathon plan

Phase	Week starting	Wk	Day 1 (min)	Day 1 (max)	Day 2 (optional)	Day 3 (min)	Day 3 (max)	Day 4 (optional) (min)	Day 4 (optional) (max)	Day 5 (min)	Day 5 (max)	Races/Long run locations	Min for the week	Max for the week
Base	10/12/2018	1	5	5	Cross	5	5	5	5	10	11	LSD Esplanade	25	26
	17/12/2018	2	5	5	Cross	5	5	5	5	10	12	LSD Palm Cove	25	27
	24/12/2018	3	5	5	Cross	5	8	5	5	12	14	LSD Esplanade	27	32
Early quality work	31/12/2018	4	5	5	Cross	5	5	5	5	10	10	LSD Esplanade	25	25
	7/01/2019	5	5	6	Cross	5	8	5	5	14	16	LSD Trinity Beach	29	35
	14/01/2019	6	5	6	Cross	5	10	5	5	12	12	LSD Clifton Beach Race/Run, Race 1 of 2	27	33
	21/01/2019	7	6	8	Cross	5	10	5	5	17	19	LSD Freshie Loop	33	42
	28/01/2019	8	6	8	Runners' Clinics	5	10	5	5	19	23	LSD Esplanade	35	46
Hard work	4/02/2019	9	5	8	Runners' Clinics	5	11	5	5	10	10	10k race pace Clifton Beach Race/Run, Race 2 of 2	25	34
	11/02/2019	10	7	10	Runners' Clinics	5	11	5	7	21	24	LSD Esplanade	38	52
	18/02/2019	11	7	11	Runners' Clinics	6	11	5	7	23	25	LSD Rare diseases fun run/walk	41	54
	25/02/2019	12	5	11	Runners' Clinics	5	8	5	5	16	18	LSD Trinity Beach	31	42
	4/03/2019	13	8	13	Runners' Clinics	8	13	5	8	26	26	LSD 5th Paws on the Path Fundraiser Fun Run/Walk	47	60
Final	11/03/2019	14	8	13	Runners' Clinics	8	13	5	8	29	30	LSD Esplanade	50	64
	18/03/2019	15	6	10	Runners' Clinics	5	8	5	5	19	23	LSD Freshie Loop	35	46
	25/03/2019	16	8	14	Runners' Clinics	8	13	Rest	Rest	21	21	Race pace 5th Dynamic in a Dress Running Festival	37	48
	1/04/2019	17	8	16	Rest	5	8	5	8	32	32	LSD 32km long run, Esplanade	50	64
Taper	8/04/2019	18	6	8	Cross	5	6	5	5	19	19	LSD Freshie Loop	35	38
	15/04/2019	19	6	10	Cross	5	5	5	5	13	13	LSD Esplanade	29	33
Race week	22/04/2019	20	5	6	5	Rest	Rest	Rest	5	42.2	42.2	Race pace 7 Cairns Marathon & Community Run Festival	47.2	53.2
													691.2	854.2

Intermediate Marathon plan

Phase	Week starting	Wk	Day 1 (min)	Day 1 (max)	Day 2 (optional)	Day 3 (min)	Day 3 (max)	Day 4 (optional)	Day 5 (min)	Day 5 (max)	Races/Long run locations	Min for the week	Max for the week	
Base	10/12/2018	1	5	5		5	5	5	11	11	Esplanade	26	26	
	17/12/2018	2	5	5	Cross	5	5	5	11	12	Palm Cove	26	27	
	24/12/2018	3	8	8	5	8	8	5	12	16	Esplanade	38	42	
Early quality work	31/12/2018	4	5	5	5	6	6	5	8	14	Esplanade	29	35	
	7/01/2019	5	8	10	5	8	10	5	16	21	Trinity Beach	42	51	
	14/01/2019	6	10	10	5	10	10	5	12	12	<u>Clifton Beach Race/Run, Race 1 of 2, Series 1</u>	42	42	
	21/01/2019	7	10	11	5	10	11	5	19	19	Freshie Loop	49	51	
	28/01/2019	8	10	11	6	Runners' Clinics	10	11	5	23	24	Esplanade	54	57
Hard work	4/02/2019	9	8	10	6	Runners' Clinics	8	8	6	15	15	<u>Clifton Beach Race/Run, Race 2 of 2, Series 1</u>	43	45
	11/02/2019	10	11	13	7	Runners' Clinics	11	13	7	24	27	Esplanade	60	67
	18/02/2019	11	11	15	7	Runners' Clinics	12	14	7	26	30	<u>Rare diseases fun run/walk</u>	63	73
	25/02/2019	12	8	12	7	Runners' Clinics	7	7	7	21	21	Trinity Beach	50	54
	4/03/2019	13	13	16	8	Runners' Clinics	13	16	8	28	32	<u>5th Paws on the Path Fundraiser Fun Run/Walk</u>	70	80
Final	11/03/2019	14	8	10	8	Runners' Clinics	13	10	8	19	19	Esplanade	56	55
	18/03/2019	15	13	16	8	Runners' Clinics	8	16	8	30	30	Freshie Loop	67	78
	25/03/2019	16	8	10	8	Runners' Clinics	13	10	Rest	21	21	<u>5th Dynamic in a Dress Running Festival</u>	50	49
	1/04/2019	17	8	16	8		8	16	8	32	32	<u>32km long run, Esplanade</u>	64	80
Taper	8/04/2019	18	10	13	8		6	8	8	19	19	Freshie Loop	51	56
	15/04/2019	19	8	10	6		5	8	6	13	13	Esplanade	38	43
Race week	22/04/2019	20	6	6	5		Rest	3	5	42.2	42.2	<u>7 Cairns Marathon & Community Run Festival</u>	58.2	61.2
												976.2	1072.2	

Novice Half Marathon plan

Phase	Week starting	Wk	Day 1	Day 2 (optional) (min)	Day 3	Day 4 (optional)	Day 5 (min)	Day 5 (max)	Races/Long run locations	Min for the week	Max for the week
Base	10/12/2018	1	5		5	5	5	5	Esplanade	20	20
	17/12/2018	2	5		5	5	6	6	Palm Cove	21	21
	24/12/2018	3	5		5	5	6	6	Esplanade	21	21
Early quality work	31/12/2018	4	5		Mile Time Trial	5	6	7	Esplanade	16	17
	7/01/2019	5	5		5	5	7	7	Trinity Beach	22	22
	14/01/2019	6	5		5	5	7	8	<u>Clifton Beach Race/Run, Race 1 of 2, Series 1</u>	22	23
	21/01/2019	7	5		5	5	7	8	Edge Hill	22	23
	28/01/2019	8	5	Runners' Clinics	5	5	8	9	Esplanade	23	24
Hard work	4/02/2019	9	5	Runners' Clinics	5	Rest or easy run	5	5	<u>Clifton Beach Race/Run, Race 2 of 2, Series 1</u>	15	15
	11/02/2019	10	5	Runners' Clinics	5	5	6	8	Esplanade	21	23
	18/02/2019	11	6	Runners' Clinics	6	5	8	10	<u>Rare diseases fun run/walk</u>	25	27
	25/02/2019	12	5	Runners' Clinics	5	5	8	13	Trinity Beach	23	28
	4/03/2019	13	6	Runners' Clinics	6	Rest or easy run	5	5	<u>5th Paws on the Path Fundraiser Fun Run/Walk</u>	17	17
	11/03/2019	14	6	Runners' Clinics	7	5	10	10	Esplanade	28	28
Final	18/03/2019	15	5	Runners' Clinics	5	5	12	15	Stratford	27	30
	25/03/2019	16	7	Runners' Clinics	7	Rest or easy run	10	10	<u>5th Dynamic in a Dress Running Festival</u>	24	24
	1/04/2019	17	8	Rest	8	5	14	16	Long run on the Esplanade	35	37
	8/04/2019	18	8	Rest	8	5	17	17	Freshie Loop	38	38
	15/04/2019	19	8	Rest	8	5	17	17	Esplanade	38	38
Taper	22/04/2019	20	5	Rest	3	Rest	21.1	21.1	<u>7 Cairns Marathon & Community Run Festival</u>	29.1	29.1
										487.1	505.1

Intermediate Half Marathon plan

Phase	Week starting	Wk	Day 1	Day 2 (optional)	Day 3	Day 4 (optional)	Day 5 (min)	Day 5 (max)	Races/Long run locations	Min for the week	Max for the week
Base	10/12/2018	1	5		6	5	6	8	Esplanade	19	24
	17/12/2018	2	5		6	5	6	8	Palm Cove	19	24
	24/12/2018	3	5		6	5	6	8	Esplanade	19	24
Early quality work	31/12/2018	4	5		Mile Time Trial	5	8	10	Esplanade	20	25
	7/01/2019	5	5		6	5	8	12	Trinity Beach	23	28
	14/01/2019	6	5		6	5	10	10	Clifton Beach Race/Run, Race 1 of 2, Series 1	21	26
	21/01/2019	7	5		6	5	6	8	Edge Hill	19	24
	28/01/2019	8	5	Runners' Clinics	6	5	12	12	Esplanade	23	28
Hard work	4/02/2019	9	5	Runners' Clinics	6	5	10	10	Clifton Beach Race/Run, Race 2 of 2, Series 1	21	26
	11/02/2019	10	5	Runners' Clinics	6	5	8	10	Esplanade	21	26
	18/02/2019	11	6	Runners' Clinics	8	Rest	5	5	Rare diseases fun run/walk (Dynamic Running supported event)	19	19
	25/02/2019	12	6	Runners' Clinics	8	5	12	12	Trinity Beach	26	31
	4/03/2019	13	6	Runners' Clinics	10	Rest	10	10	5th Paws on the Path Fundraiser Fun Run/Walk	26	26
	11/03/2019	14	6	Runners' Clinics	10	5	8	14	Esplanade	30	35
	Final	18/03/2019	15	7	Runners' Clinics	11	6	15	17	Stratford	35
25/03/2019		16	7	Runners' Clinics	11	Rest	10	21	5th Dynamic in a Dress Running Festival	39	39
1/04/2019		17	7	8	13	8	16	16	Long run on the Esplanade	44	52
8/04/2019		18	8	8	13	8	18	18	Freshie Loop	47	55
15/04/2019		19	8	6	10	5	19	19	Esplanade	43	48
Taper	22/04/2019	20	6	3	5	Rest	21.1	21.1	7 Cairns Marathon & Community Run Festival	35.1	35.1
										549.1	636.1

