

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
<b>WEEK 1 06-JAN-25</b>	<b>8km:</b> 5:36min/k	<b>10km:</b> 2km warmup 6km 4:43min/k 2km cooldown	<b>3km:</b> Easy run	<b>11km:</b> 3km warmup 12x400m (200m slow jog between each) Cooldown to total 11km	<b>8km:</b> 5:35min/k	Rest	<b>20km long run:</b> 5:37min/k 294m elevation gain	<b>60km</b>
<b>WEEK 2 13-JAN-25</b>	Rest	<b>12km:</b> 3km warmup 6x800m (200m slow jog between each) Cooldown to total 12km	<b>5km:</b> 4:58min/k	<b>9km:</b> 3km warmup 4x 1min hill repeats 3km cooldown	<b>3km:</b> Cooldown run at 5:43min/k	<b>21km race:</b> 5:39min/k 331m elevation gain (George Claassen Memorial Road Race Pretoria)	Rest	<b>50km</b>
<b>WEEK 3 20-JAN-25 Recovery week</b>	<b>4km recovery walk</b>	<b>6km:</b> 6:13min/k	<b>6km:</b> 5:36min/k	<b>5km:</b> 6:12min/k	Rest	<b>7km:</b> 2km warmup 5km increased pace	<b>10km:</b> 5:54min/k	<b>38km</b>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
WEEK 4 27-JAN-25	8km: 5:17min/k	11km: 3km warmup 6x 800m (200m slow jog between each) Cooldown to total 11km	5km: 6:09min/k	Rest	8km: 5min/k	Rest	30km long run: Negative splits: 10km 6:30min/k 10km 6:00min/k 10km 5:30min/k 480m elevation gain	62km
WEEK 5 03-FEB-25	Rest	8km: 5:32min/k	7km: 2km warmup 3km at 4:45min/k 2km cooldown	9km: 6:12min/k	Rest	15km: 5:37min/k 215m elevation gain	Rest	39km
WEEK 6 10-FEB-25	8km: 4:42min/k	Rest	8km: 5km at 5:20min/k 3km at 4:44min/k	5km: 5:46min/k	Rest	31km long run: 6min/k 395m elevation gain	Rest	52km

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
<b>WEEK 7</b> 17-FEB-25 Qualifier week	6km: 5:46min/k	Rest	7km: 5:12min/k	Rest	6km: 2km at 6:00min/k 2km at 5:30min/k 2km at 5:00min/k	Rest	43km race: 6:52min/k 627m elevation gain (Balwin series Pretoria Marathon)	62km
<b>WEEK 8</b> 24-FEB-25 Recovery week	Rest	5km walk	Rest	5km: 6:04min/k	Rest	Rest	Rest	10km
<b>WEEK 9</b> 03-MAR-25	8km: 5:44min/k	7km: 5:31min/k Hills in route	Rest	5km: 4:17min/k Sprint	Rest	15km: 5:22min/k 285m elevation gain	23km long run: 6:25min/k 362m elevation gain	58km

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
WEEK 10 10-MAR-25	Rest	Rest	6km: 6:28min/k Westcliff Stairs	6km race: 4:22min/km (J.P. Morgan Corporate Challenge)	Rest	13km: 6:20min/k Included hill repeats	30km long run: 5:48min/k 502m elevation gain	55km
WEEK 11 17-MAR-25	Rest	9km: 5:37min/k Hilly route	6km: 5:39min/k	9km: 5:48min/k	Rest	5km shake-out walk	40km long run: 6:34min/k 656m elevation gain	69km
WEEK 12 24-MAR-25	Rest	10km: 5:24min/k	Rest	5km: 5:46min/k	6km: 5:15min/k	5km: 5:46min/k	8km: 5:44min/k	34km

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
WEEK 13 31-MAR-25 Race week	5km walk	Rest	4km: 6:41min/k	Rest	6km walk/slow jog	56km race: 6:32min/k	Rest	71km