

TEAM VITALITY



Get healthy
Get rewarded

Elana Meyer 5:00 Sanlam Cape Town City Marathon programme

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
					100 days to go!!	10min E, 5km parkrun	1:30 LSD
WEEK 1	rest	20min E, 3 x 5min T, rest 2min, 20min E	30min E	rest	30min of 1min E, 1min I-pace	10min E, 5km parkrun	1:40 LSD
WEEK 2	rest	25min E, 2 x 10 min T, rest 2min, 15min E	35min E	rest	6km time trial	LSD 1:00	1:20 Medium-pace
WEEK 3	rest	30min E, 20min T, 15min E	40min E	rest	10min E, 5 x 800 with 2min rest, 10min E metres at 5:00	15min E, 5km parkrun	2:00 LSD
WEEK 4	rest	35min E, 3 x 10min T rest 2min, 10min E	45min E	rest	8km time trial	LSD 1:20	2:15 LSD
WEEK 5	rest	30min E, 30min T, 10min E	50min E	rest	10min E, 6 x 800 m at 5:00 with 2min rest, 10min E	LSD 1:30	1:30 Medium-pace



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 6	rest	25min E, 3 x 15min T rest 2min, 10min E	55min E	rest	8km time trial	20min E, 5km parkrun	2:30 LSD
WEEK 7	rest	20min E, 40min T, 10min E	60min E	rest	40min Medium- pace	LSD 1:40	2:45 LSD
WEEK 8	rest	10min E, 4 x 6min T with 2min rest, 10min E	40min E	rest	30min E-pace plus 4 x strides	rest	21km race or training
WEEK 9	rest	35min recovery at E-pace	50min E	rest	10min E, 7 x 800 metres at 5:00 with 2min rest, 10min E	25min E, 5km parkrun	LSD 1:30
WEEK 10	rest	30min E, 30min T, 10min E	60min E	rest	6km time trial	LSD 1:30, hilly route	1:30 Medium-pace
WEEK 11	rest	25min E, 35min T, 10min E	60min E, 6 x strides	rest	10 E, 8 x 800m at 5:00 rest 2 1/2min	30min E, 5km parkrun	3:30 LSD
WEEK 12	rest	20min E, 40min T, 10min E	60min E 6 x strides	rest	10min E, 6 x 1km T-pace with 2min rest	30min E, 30min M-pace	2:00 LSD
WEEK 13	rest	40min E, 20min T, 10min E	50min E 6 x strides	rest	10 E, 10 x 800m at 5:00min rest 2 1/2min	20min E, 20min M-pace	1:00 LSD run
WEEK 14	rest	10min E, 10min T, 10min E	40min easy jog 6 x strides	rest	20min E-pace plus 4 x strides	10min easy jog, 5 x 30s fast with 1min rest	Cape Town Marathon

Notes:

E = Easy pace – heart rate below 140bpm 7:45pkm

M = Medium pace – heart rate between 140-155bpm 7:08pkm

T = Threshold pace – heart rate between 155-170bpm 6:20pkm

I = Interval pace – heart rate 165bpm and higher 5:51pkm

LSD = Long slow distance – heart rate below 140bpm 7:45pkm

Strides = Controlled faster than race pace efforts

Extras

1-2 every week 3 x 1min plank

1-2 every week 2 x 50 skipping

1-2 every week 30 squads



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