



# GULF BANK 642 MARATHON

## 5KM MARATHON TRAINING PLAN

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
1	3km	Rest	6 x 200m max effort	Rest	7km endurance	Rest	Strength and Conditioning	10km+
2	3km	Rest	7 x 200m max effort	Rest	7km endurance	Rest	Strength and Conditioning	10km+
3	3km	Rest	8 x 200m max effort	Rest	8km endurance	Rest	Strength and Conditioning	11km+
4	3km	Rest	9 x 200m max effort	Rest	8km endurance	Rest	Strength and Conditioning	11km+
5	3km	Rest	10 x 200m max effort	Rest	8km endurance	Rest	Strength and Conditioning	11km+