



231km Sonder Monster 12 week Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One (12 Weeks Out)	60 mins easy run	5km warm up, 6 x 1km efforts with 90 secs rest, 5km warm down	18km at your own pace	5km warm up, 4 x 5min @ 10km race pace, 90 sec rest, 5km warm down	Rest	5km Warm up, 2km @ 10km race pace, 5 min easy jog, 8 x 45 sec hills, 5km warm down	22km at your own pace
Week Two (11 Weeks Out)	60 mins easy run	5km warm up, 4 x 1mile (1600) with 90 sec rest, 5km warm down	18km at your own pace	5km warm up, 2 x 3km @ half marathon pace with 3min jog recovery, 5km warm down	Rest	5km warm up, 2 x 3min, 3 x 2min firm effort with 2min jog recovery, 5km warm down	24km at your own pace
Week Three (10 Weeks Out)	60 mins easy run	5km warm up, 6 x 800m with 2min rest, 5km warm down	20km at your own pace	5km warm up, 2km threshold, 6 x 400m, 10min threshold, 5km warm down	Rest	5km warm up, 25min tempo (marathon pace), 5km warm down	24km at your own pace
Week Four (9 Weeks Out)	60 mins easy run	5km warm up, 8 x (500m firm effort, jog 200m, 300 firm) 90 sec rest, 5km warm down	20km at your own pace	5km warm up straight into, 8 x 2min on/2min jog, 5km warm down	Rest	5km warm up, 10 x 1min hills with walk/jog recovery, 5km warm down	26km at your own pace
Week Five (8 Weeks Out)	60 mins easy run	5km warm up, 3*2km with 90sec jog rec, 5km warm down	20km at your own pace	5km warm up, 8km tempo, 5km warm down	Rest	5km warm up, 4*5min effort with 90sec jog recovery, 5km warm down	3 hours at your own pace
Week Six (7 Weeks Out)	70 mins easy run	5km warm up, 8*1km efforts with 90 sec jog recovery, 5km warm down	20km at your own pace	5km warm up, 2*3km @ half marathon pace with 3min jog recovery, 5km warm down	Rest	5km warm up, 3km @ threshold, 5min rest, 10*1min hills walk/jog recovery, 5km warm down	3.5 hours at your own pace
Week Seven (6 Weeks Out)	70 mins easy run	5km warm up, 2km @ threshold, 6*400 with 1min jog recovery, 3min jog, 10min threshold, 5km warm down	20km at your own pace	5km warm up, 25min threshold, 5km warm down	Rest	5km warm up, 2*3min then 3*2min firm with 2min jog recovery, 5km warm down	4 hours at your own pace
Week Eight (5 Weeks Out)	70 mins easy run	5km warm up, 4*1mile (1600m) with 90 sec jog recovery, 5km warm down	20km at your own pace	5km warm up straight into, 8*2min on/2min jog, 5km warm down	Rest	5km warm up, 3km @ threshold, 5min rest, 10*1min hills walk/jog recovery, 5km warm down	4.5 hours at your own pace
Week Nine (4 Weeks Out)	70 mins easy run	5km warm up, 3*2km with 90sec jog recovery, 5km warm down	20km at your own pace	5km warm up, 8*(500 firm, jog 200, 300 firm) 90 sec rest, 5km warm down	Rest	5km warm up, 2*5km with 3min jog recovery, 5km warm down	3 hours at your own pace
Week Ten (3 Weeks Out)	70 mins easy run	5km warm up, 8*1km efforts with 90 sec rest, 5km warm down	20km at your own pace	5km warm up, 3*4min then 4*3min with 2min jog rec, 5km warm down	Rest	5km warm up, 2*3km @ half marathon pace with 3min jog recovery, 5km warm down	2 hours at your own pace
Week Eleven (2 Weeks Out)	70 mins easy run	5km warm up, 6*800 with 90sec jog recovery, 5km warm down	16km at your own pace	5km warm up, 4*5min @ 10km race pace 90 sec jog, 5km warm down	Rest	5km warm up, 25min threshold, 5km warm down	1.5 hours at your own pace
Week Twelve (1 Week Out)	60 mins easy run	5km warm up, 4*5min with 90sec rest, 5km warm down	50 min at your own pace	Rest	RACE DAY	RACE DAY	RACE DAY