



42 KM 12 WEEK GUIDE

| DAY | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|------------------|---|--|--|--|
| MONDAY | Rest | Rest | Rest | Rest |
| TUESDAY | 5 km at an Easy pace | 6.5 km Easy pace | 6.5 km Easy pace | 8 km Easy pace |
| WEDNESDAY | 30 minutes of Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) |
| THURSDAY | 5 km at a Moderate pace | 6.5 km Moderate pace | 6.5 km Moderate pace | 8 km Moderate pace |
| FRIDAY | Rest | Rest | Rest | Rest |
| SATURDAY | 8 km at a Steady pace | 10 km Steady pace | 13 km Steady pace | 16 km Steady pace |
| SUNDAY | 60 minutes of strength/weights training. | 60 minutes strength/weights training | 60 minutes strength/weights training | 60 minutes strength/weights training |

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| DAY | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 |
|------------------|--|--|--|--|
| MONDAY | Rest | Rest | Rest | Rest |
| TUESDAY | 8 km Easy pace | 10 km Easy pace | 10 km Easy pace | 11 km Easy pace |
| WEDNESDAY | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) |
| THURSDAY | 8 km Moderate pace | 10 km Moderate pace | 10 km Moderate pace | 11 km Moderate pace |
| FRIDAY | Rest | Rest | Rest | Rest |
| SATURDAY | 19 km Steady pace | 23 km easy pace with 10 km at Challenging pace | 26 km Steady pace | 29 km Steady pace with 10 km at Challenging pace |
| SUNDAY | 60 minutes strength/weights training | 60 minutes strength/weights training | 60 minutes strength/weights training | 60 minutes strength/weights training |

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| DAY | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 |
|------------------|--|--|--|--|
| MONDAY | Rest | Rest | Rest | Rest |
| TUESDAY | 11 km Easy pace | 13 km Easy pace | 13 km Easy pace | 8 km Easy pace |
| WEDNESDAY | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) | 30 minutes Cross training (Swim, Bike, Elliptical, Yoga) |
| THURSDAY | 11 km Moderate pace | 13 km Moderate pace | 13 km Moderate pace | 8 km Steady pace |
| FRIDAY | Rest | Rest | Rest | Rest |
| SATURDAY | 32 km with 10 km at Challenging pace | 32 km with 10 km at Challenging pace | 19 km with 8 km at Challenging pace and 1 km fast finish | Mountains to Sea 42 KM |
| SUNDAY | 60 minutes strength/weights training | 60 minutes strength/weights training | 60 minutes strength/weights training | Rest & feel good! Congratulations! |

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