

# Long Run Progression

July to October 2019

July 6th

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Marathon: 20 – 24 km easy

Half Marathon: 14 – 18 km easy

July 13<sup>th</sup>

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Marathon: 22 – 26 km easy

Half Marathon: 14 – 20 km easy

July 20<sup>th</sup>

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Marathon: 22 – 26 km

3 sets of (4 km run at Marathon pace + 1 km easy)

Half Marathon: 16 – 22 km progression run

8 km easy

2 km at marathon pace

2 km at half marathon pace

2 km at faster than half marathon pace

July 27th

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Marathon: 25 – 28 km easy

Half Marathon: 16 – 22 km easy

## August 3<sup>rd</sup>

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- Marathon: 24 – 32 km  
2 sets of (8 km at marathon pace + 2 km easy)
- Half Marathon: 18 – 24 km  
4 km at marathon pace  
4 km at half marathon pace  
2 km at faster than half marathon pace

## August 10<sup>th</sup> (Recovery Week)

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- Marathon: 20 – 24 km easy
- Half Marathon: 14 – 18 km easy

## August 17<sup>th</sup>

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- Marathon: 26 – 32 km easy
- Half Marathon: 20 – 24 km with 2 Forest Hill Loops at half marathon pace

## August 24<sup>th</sup>

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- Marathon: 28 – 32 km progression run  
12 – 16 km easy  
4 km at marathon pace +20s  
10 km at marathon pace  
Easy cooldown
- Half Marathon: 18 – 22 km progression run  
6 km easy  
4 km at marathon pace  
4 km at half marathon pace  
2 km at faster than half marathon pace

## August 31<sup>st</sup>

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Marathon: 30 – 34 km easy

Half Marathon: 20 – 24 km easy

## September 7<sup>th</sup> (Recovery Week)

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Marathon: 20 – 24 km easy

Half Marathon: 16 – 18 km easy

## September 14<sup>th</sup>

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Marathon: 30 – 34 km

2 sets of (10 km at marathon pace + 2 km easy)

Half Marathon: 22 – 26 km

3 sets of (3 km at half marathon pace + 1 km easy)

## September 21<sup>st</sup>

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Marathon: 32 – 36 km easy

Half Marathon: 16 – 20 km easy

## September 28<sup>st</sup>

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Marathon: 34 – 36 km

8 km at marathon pace +20s

16 km at marathon pace

2 km easy

6 km at marathon pace -10s

2 – 4 km easy

Half Marathon: 22 – 24 km

2 sets of (6 km at half marathon pace + 2 km easy)

## October 5<sup>th</sup>

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Marathon: 22 – 24 km progression run  
6 – 8 km easy  
10 km at marathon pace  
1 km easy  
4 km at marathon pace -10s  
1 – 3 km easy

Half Marathon: 18 – 20 km  
4 km easy  
8 km at half marathon pace  
1 km easy  
1 km at faster than half marathon pace  
1 km easy  
1 km at faster than half marathon pace

## October 12<sup>th</sup>

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Marathon: 16 – 18 km easy

Half Marathon: 14 – 16 km easy

## October 19<sup>th</sup>

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Race Day