

Longrun progression 2021 Fall Harriers

Week no	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47
No of weeks until Goal race/ marathon	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Month	August	August	September	September	September	September	October	October	October	October	October	November	November	November	November
Intensity	easy	easy	moderate	easy	easy	moderate	easy	race specific	easy	easy	race specific	easy	easy	easy	easy
Group															
Faster than 2.50. Distance. (km)	22	24	28	23	28	32	30	30 km. Include 46-54 mins of ins and outs: 1k z4(-) - 1k z3(-)	25	28	35km: 10 km z1 25 km z2+/3- (marathon pace)	28	25	18	42.1
Marathon 2.55-3.30. Distance. (km)	22	24	26	23	28	30	26	30 km INclude: 3-x 5km zone 3- (marathon pace)	25	27	35 km INclude: 2x 8 km zone 3- (marathon pace)	26	25	18	42.1
Sub 4 hrs marathon. Distance. (mins)	90	100	115	100	130	140	140	2.45- 3 hrs run include 3x 15 mins zone 2-3 (marathonpace)	130	140	3 hrs run include 2x 25 mins zone 2-3 (marathonpace)	120	100	90	42.1
Longrun progression 10 k/ 1/2M group	16	17	19	17	20	24	22	20-25km include 3x 12 mins zone 3(+)(1/2 marathonpace)	22	24	20-25km include 3x 15 mins zone 3(+)(1/2 marathonpace)	20	17	17	10 or 21