



TEAM VITALITY

**12-WEEK CAPE TOWN MARATHON
TRAINING PROGRAMME**



Introduction

At Team Vitality, we have seen thousands of our members participate in the Cape Town Marathon in previous years. To support our members, we have put together this 12 week programme to give guidance and encouragement.

The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

- 1** **Qualifying criteria:** The half marathon times you need to be able to run leading up to race day
- 2** **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for the Sanlam Cape Town Marathon
- 3** **Monthly training schedules**
- 4** **Cross training:** Resource videos
- 5** **General notes**



1. Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners, including those wanting to improve their marathon times and marathon newcomers. This programme is based on the assumption that those using these guidelines have a running base of at least 30 km per week. It is not for those new to road running.

HALF MARATHON TARGET TIMES LEADING UP TO YOUR MARATHON	MARATHON TARGET
1:40:00 – 1:51:00	3:25:00 – 3:46:00
1:51:00 – 2:01:00	3:46:00 – 4:07:00
2:01:00 – 2:11:00	4:07:00 – 4:28:00
2:11:00 – 2:22:00	4:28:00 – 4:49:00



2. Training paces (mins/km)

You need to have run a half marathon *in the past 2 weeks* based on the above targets. Using the above as an example, you should aim to run a half marathon in under 2hrs 22mins before you attempt to run a full marathon.

Important note: It is always advisable to run faster before you run longer.

TRAINING PACES						
Marathon target	RECOVER PACE	COMFORTABLE PACE	RACE PACE	HILLS	TIME TRIALS	
					5 km	8 or 10 km
3:25:00 – 3:46:00	5:32 - 6:02	5:12 - 5:42	4:52 – 5:22	4:52 - 5:22	4:05 – 4:36	4:17 - 4:47
3:46:00 – 4:07:00	6:02 - 6:32	5:42 - 6:12	5:22 – 5:52	5:22 - 5:52	4:36 - 5:05	4:47 - 5:17
4:07:00 – 4:28:00	6:32 - 7:02	6:12 - 6:42	5:52 – 6:22	5:52 - 6:22	5:05 - 5:36	5:17 - 5:47
4:28:00 – 4:49:00	7:02 - 7:32	6:42 - 7:12	6:22 – 6:52	6:22 - 6:52	5:36 - 6:05	5:47: - 6:17

3. Monthly training schedules:

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
1	8 km comfortable pace	Strength or cross-training	5 km time trial	REST	10 km comfortable pace	24 km comfortable pace	REST

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
2	8 km comfortable pace	Strength or cross-training	5 km time trial	REST	12 km comfortable pace	21 km comfortable pace	REST
3	8km comfortable pace	Strength or cross-training	5 km time trial	REST	10 km comfortable pace	27 km comfortable pace	REST
4	8 km comfortable pace	Strength or cross-training	5 km time trial	REST	14 km comfortable pace	21 km race pace	REST
5	8 km race pace	Strength or cross-training	8 km time trial	REST	10 km comfortable pace	30 km comfortable pace	REST
6	8 km race pace	Strength or cross-training	8 km time trial	REST	14 km comfortable pace	21 km comfortable pace	REST

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
7	8 km comfortable pace	Strength or cross-training	8 km time trial	REST	12 km recovery pace	21 km comfortable pace	REST
8	8 km hill repeats	Strength or cross-training	8 km time trial	REST	14 km comfortable pace	27 km comfortable pace	REST
9	8 km hill repeats	Strength or cross-training	8 km time trial	REST	10 km recovery pace	21 km race pace	REST
10	8 km hill repeats	Strength or cross-training	8 km time trial	REST	14 km comfortable pace	30 km comfortable pace	REST

Week No.	MON	TUE	WED	THUR	FRI	SAT	SUN
11	8 km hill repeats	Cross training	8 km time trial	REST	8 km comfortable pace	24 km race pace	REST
12	8 km comfortable pace	5 km to 8 km comfortable pace	REST	REST	REST	Walk or stretch	42 km race



4. Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- ✓ Reduce impact caused by regular running
- ✓ Use other muscle groups that you don't use when you run
- ✓ Become a complete athlete
- ✓ Supplement your other training by improving overall conditioning.

This usually includes gym and other forms of sports, such as swimming and cycling.

In this programme, we've included the following resource videos to help you:



BACK STRETCHES & EXERCISES



CORE STRENGTH TIPS



SQUAT TIPS



LUNGE TIPS



PLANK TIPS



LOW IMPACT EXERCISES



VITALITY AT HOME

5. General notes

Weekly training

- Please use the programme as a guideline. It is ideal if you can stick to it. However, depending on your timetable, you can move things around. For example:
 - You can do your time trial on a Thursday and choose to rest on a Wednesday.
 - You can run your long runs on a Sunday. If that's your preferred day, then do the shorter 8 or 10 km run on a Saturday.
 - Include a recovery day after your long run.
- Cross-training: Aim to do a full body workout on most of your sessions
- Hill repeats: Try to find a hill of 300 m to 500 m long. Incline will always vary but try and find a hill with a challenging incline.
- Time trials: Run at your hardest or best effort to get a sense of your current fitness. It's best to use the same route for the specific distance given.

TERRAIN

Cape Town is at sea-level (low altitude) and because of this, you will generally find it much easier to run there, especially if you train at high altitude. The route is also flat, although flat doesn't always translate to easy because you are using the same muscle groups throughout the race.

Based on the altitude and the route being flat, you can expect your race to be faster and more enjoyable.

With the above, we are hoping to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

Team Vitality

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise as a result of any information, products or services obtained from this training programme including, without limitation, workouts, training regimen or information.

