

31Km Program



Important reminders!

- Training should be an enjoyable form of torture!
- Scheduled “easy” sessions should be exactly that
- Slowing down and walking is ok!
- Be patient with yourself and take extra time to recover if you need
- Cross-training = GOOD!
- If it hurts ---> get it treated!
- Sleep, good food and recovery are key!
- Reformer Pilates is GREAT for running!

This is a rough guide only, if you would like more specific planning, please contact the team at Gold Coast Sports Medicine & Rehabilitation!



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Week 1	Training	Completed/ Comments
Monday	Easy run or walk - 30 mins	
Tuesday	Strength session or rest day	
Wednesday	Easy run or walk - 3-5km	
Thursday	Strength session or rest day	
Friday	Easy run/ walk - 3-5km	
Saturday	Strength session or rest day	
Sunday	8km long run at an easy pace, able to hold a conversation throughout	

Week 2	Training	Completed/ Comments
Monday	Easy run or walk - 30 mins	
Tuesday	Strength session or rest day	
Wednesday	Fartlek Session- 1km easy (warm up) 5x 2min effort/ 2 min easy 1km easy (cool down)	
Thursday	Strength session or rest day	
Friday	Easy run- 4-8km	
Saturday	Strength session or rest day	
Sunday	10km long Run at an easy pace, able to hold a conversation throughout	

Week 3	Training	Completed/ Comments
Monday	Easy run or walk - 30mins	
Tuesday	Strength session or rest day	
Wednesday	Tempo run- 1km easy (warm up) 3 x10 min effort (3 min rest btw sets) 1km easy (cool down)	
Thursday	Strength session or rest day	
Friday	Easy run 4-8km	
Saturday	Strength session or rest day	
Sunday	12 km long run at an easy pace, able to hold a conversation throughout	

Week 4	Training	Completed/ Comments
Monday	Easy run or walk - 30mins	
Tuesday	Strength session or rest day	
Wednesday	Fartlek session- 1km easy (warm up) 5 x2 min effort/1 min easy 1 km easy (cool down)	
Thursday	Strength session or rest day	
Friday	Easy run 6-10 km	
Saturday	Strength session or rest day	
Sunday	15km long run at an easy pace, able to hold a conversation throughout	

Week 5	Training	Completed/ Comments
Monday	Easy run or walk - 30mins	
Tuesday	Strength session or rest day	
Wednesday	Tempo run- 1km easy (warm up) 3km effort, 4 min rest, 3km effort 1km easy (cool down)	
Thursday	Strength session or rest day	
Friday	Easy run 6-10km	
Saturday	Strength session or rest day	
Sunday	18km long run at an easy pace, able to hold a conversation throughout	

Week 6	Training	Completed/ Comments
Monday	Easy run or walk - 30mins	
Tuesday	Strength session or rest day	
Wednesday	Fartlek session- 1km easy (warm up) 8 x 2 min effort/1 min easy 1km cool down	
Thursday	Strength session or rest day	
Friday	Easy run- 8-12 km	
Saturday	Strength session or rest day	
Sunday	21 km long run at an easy pace, able to hold a conversation throughout	

Week 7	Training	Completed/ Comments
Monday	Easy run or walk - 30mins	
Tuesday	Strength session or rest day	
Wednesday	Fartlek session- 1km easy (warm up) 10x 2min effort/ 1 min easy 1km easy (cool down)	
Thursday	Strength session or rest day	
Friday	Easy run- 8-12 km	
Saturday	Strength session or rest day	
Sunday	25 km long run at an easy pace, able to hold a conversation throughout	

Week 8	Training	Completed/ Comments
Monday	Easy run or walk- 30mins	
Tuesday	Strength session or rest day	
Wednesday	Tempo run- 1km easy (warm up) 4km effort, 4 min rest, 4 km effort 1 km easy (cool down)	
Thursday	Strength session or rest day	
Friday	Easy run 6-10 km	
Saturday	Strength session or rest day	
Sunday	18-21 km long run at an easy pace, able to hold a conversation throughout	

Week 9	Training	Completed/ Comments
Monday	Easy run or walk - 30mins	
Tuesday	Strength session or rest day	
Wednesday	Easy run- 5-8 km	
Thursday	Strength session or rest day	
Friday	Easy run- 5-8 km	
Saturday	Strength session or rest day	
Sunday	Long Run – 15/18 km Run at an easy pace, being able to hold a conversation throughout	

Week 10	Training	Completed/ Comments
Monday	Easy run or walk - 30mins	
Tuesday	Strength session or rest day	
Wednesday	Easy Run 3-5 km	
Thursday	Strength session or rest day	
Friday	Easy run- 3-5 km	
Saturday	Rest day	
Sunday	Race Day – 31 km Good luck! Stick to a plan, don't start out too fast and back yourself if you have done the work!	