

# HUGOCHU: YOUR MARATHON PLAN

■ Easy Run 
 ■ Intervals 
 ■ Tempo 
 ■ Long Run 
 ■ Race

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b> APR 6TH	Rest	Rest	Rest	<b>6km</b> 6km Easy Run	Rest	<b>8km</b> 8km Long Run	<b>55m - 65m</b> Legs & Core
<b>WEEK 2</b> APR 13TH	<b>4.5km</b> 4.5km Easy Run	<b>5km</b> Rolling 300s	<b>5.5km</b> 5.5km Easy Run	<b>55m - 65m</b> Legs & Core	<b>5.5km</b> 5.5km Easy Run	<b>10km</b> 10km Race Practice Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 3</b> APR 20TH	<b>5km</b> Tempo 2-1	<b>4.5km</b> 4.5km Easy Run	<b>6km</b> 1km Repeats	<b>55m - 65m</b> Legs & Core	<b>6km</b> 6km Easy Run	<b>12km</b> 12km Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 4</b> APR 27TH	<b>4.5km</b> 4.5km Easy Run	<b>4km</b> Over and Unders 1km	Rest	<b>6km</b> 6km Easy Run	Rest	<b>7.5km</b> 7.5km Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 5</b> MAY 4TH	<b>5km</b> 800m Repeats	<b>5km</b> 5km Easy Run	<b>7.5km</b> Progressive Run	<b>55m - 65m</b> Legs & Core	<b>5.5km</b> 5.5km Easy Run	<b>15km</b> 15km Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 6</b> MAY 11TH	<b>5km</b> 5km Easy Run	<b>6km</b> Tempo 2km	<b>6.5km</b> 6.5km Easy Run	<b>55m - 65m</b> Legs & Core	<b>5.5km</b> 5.5km Easy Run	<b>18km</b> 18km Race Practice Long Run	<b>55m - 65m</b> Full Body



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 7</b> MAY 18TH	<b>5km</b> On Off Ks	<b>5km</b> 5km Easy Run	<b>6km</b> Descending Intervals	<b>55m - 65m</b> Legs & Core	<b>6.5km</b> 6.5km Easy Run	<b>22km</b> 22km Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 8</b> MAY 25TH	<b>5km</b> 5km Easy Run	<b>5km</b> Tempo 3km	Rest	<b>5.5km</b> 5.5km Easy Run <b>55m - 65m</b> Legs & Core	Rest	<b>11km</b> 11km Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 9</b> JUN 1ST	<b>5.4km</b> Progressive Mile Repeats	<b>5km</b> 5km Easy Run	<b>5.5km</b> Rolling 300s	<b>55m - 65m</b> Legs & Core	<b>5km</b> 5km Easy Run	<b>27km</b> 27km Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 10</b> JUN 8TH	<b>5km</b> 5km Easy Run	<b>5km</b> Half Easy, Half Tempo	<b>5km</b> 5km Easy Run	<b>55m - 65m</b> Legs & Core	<b>5km</b> 5km Easy Run	<b>32km</b> 32km Race Practice Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 11</b> JUN 15TH	<b>5km</b> Mile Up & Overs	<b>5km</b> 5km Easy Run	<b>5.5km</b> Progressive Run	<b>55m - 65m</b> Legs & Core	<b>5km</b> 5km Easy Run	<b>17km</b> 17km Long Run	<b>55m - 65m</b> Full Body
<b>WEEK 12</b> JUN 22ND	<b>5km</b> 5km Easy Run	Rest	<b>5km</b> Tempo 2-1	<b>5km</b> 5km Easy Run <b>55m - 65m</b> Full Body	Rest	<b>7.5km</b> 7.5km Race Practice Long Run	Rest



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 13</b> JUN 29TH	<b>5.5km</b> Race Pace Fartlek	Rest	<b>42.2km</b> Marathon Race 7/1/26	Rest	Rest	Rest	<b>55m - 65m</b> Legs & Core

