

MARATHON TRAINING PROGRAM

A FIT COORDINATED MARATHON TRAINING PROGRAM



What is the Marathon Training Program?

The Marathon Training program is a 16-20 week supported training program aimed at preparing FIT members with a solid running base to complete the Australian Running Festival in Canberra on 14 April 2019. The primary objective of the program is to deliver a training program which prepares participants to get to the start line of the event without injury.

The training program will be delivered via Basecamp (please note that access is provided to the Basecamp app on registration for the program).

What equipment do I need?

Coaches will provide sessions on specific equipment during an information session as part of the program.

Who should register?

The program is targeted to FIT Members that have previously either run one or more half marathons and are currently running regularly at least three times per week. Participants are aiming to either complete their first marathon, or are interested in competing in their subsequent marathons.

Participants should be able to:

- Complete a 10km run
- Be able to attend the majority of training sessions throughout the 16-20 week period (there is an expectation that training takes place between Christmas and New year, Di Evans (lead coach) will be in Canberra during this period and will continue to train).
- Register for, and participate in, the [Australian Running Festival](#) Marathon being held on 14 April, 2019

What is the commitment?

Training sessions will include five general coached training sessions (Monday, Tuesday, Wednesday, Thursday and Saturday). The novice program will commence on 3 December for 19 weeks, followed by a 16 week program for more experienced runners.

What is the cost?

The program costs is \$50, and you must be a member of FIT to register ([membership info](#)).

- Registrations are open NOW and close on 3 December, 2018
- Registrations can be accessed [here](#)
- Got a question not covered here? Contact us at enquiries@fitact.org.au