2025 CAPE TOWN MARATHON TRAINING GUIDELINES

THE RUNNING EDGE

#conquerconsisteny

Sanlam CAPE TOWN MARATHON

DAY & TIME	MON	TUES[1]	WED[2]	THURS[3]	FRI	SAT[4]	SUN[5]	
DESCRIPTION	Rest Day	Interval Training	Short Run	Hill Training	Rest Day	Long Run	Vida Run	Weekly Total
Week 1								
30 June - 6 July	rest day	6	8	8	rest day	15	10	**47**
Week 2								
7 - 13 July	rest day	6	8	8	rest day	18	10	**50**
Week 3								
14 - 20 July	rest day	6	8	8	rest day	21	10	**53**
Week 4								
21 - 27 July	rest day	6	8	8	rest day	18	10	**50**
Week 5								
28 July - 3 Aug	rest day	6	8	8	rest day	24	10	**56**
Week 6								
4 - 10 Aug	rest day	6	8	8	rest day	21	10	**53**
Week 7								
11 - 17 Aug	rest day	6	8	6	rest day	10	21	**51**
16-Aug						10k FS Inter-Club Competition		
Week 8								
18 - 24 Aug	rest day	6	8	8	rest day	27	10	**59**
Week 9								
25 - 31 Aug	rest day	6	8	8	rest day	30	10	**62**
Week 10								
1 - 7 Sept	rest day	6	8	8	rest day	21	10	**53**
06-Sep						Titaniums Spring Half-Marathon		
Week 11								
8 - 14 Sept	rest day	6	8	8	rest day	35	10	**67**
Week 12								
15 - 21 Sept	rest day	6	8	8	rest day	27	10	**59**
Week 13								
22 - 28 Sept	rest day	6	8	8	rest day	21	10	**53**
Week 14								
29 Sept - 5 Oct	rest day	6	8	8	rest day	25	10	**57**
Week 15								
6 - 12 Oct	rest day	6	8	8	rest day	12	10	**44**
Week 16								
13 - 19 Oct	rest day	8	5		rest day		**RACE DAY**	

TIMES:

[1] 05:15 Yello Coffee OR Naval Hill (statue)

[2] 05:15 Yello Coffee

[3] 05:15 Yello Coffee OR Naval Hill (entrance gate)

[4] 05:30 Yello Coffee (times may vary)

[5] 06:30 Vida e caffè Preller

Updated 26-07-2025

NOTES:

*** Programme and distances are only guidelines.**

*** Routes will be posted on relevant WhatsApp groups.**

At least one cross training activity (swimming, cycling, or gym sessions) per week is recommended.

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