

2024 CAPE TOWN MARATHON (42.2km) TRAINING GUIDELINES



DAY & TIME	MON	TUES ¹	WED ²	THURS ³	FRI	SAT ⁴	SUN ⁵	Weekly Total
DESCRIPTION	Rest Day	Interval Training	Short Run	Hill Training	Rest Day	Long Run	Vida Run	
Week 1								
1 - 7 July	rest day	6	8	8	rest day	15	10	47
Week 2								
8 - 14 July	rest day	6	8	8	rest day	15	10	47
Week 3								
15 - 21 July	rest day	6	8	8	rest day	16 18	10	32
Week 4								
22 - 28 July	rest day	6	8	8	rest day	18 24	10	32
Week 5								
29 Jul - 4 Aug	rest day	6	8	8	rest day	24	16	32
Week 6								
5 - 11 Aug	rest day	6	8	8	rest day	21	10	53
Week 7								
12 - 18 Aug	rest day	6	8	8	rest day	27	10	59
Week 8								
19 - 25 Aug	rest day	6	8	8	rest day	24	10	56
Week 9								
26 Aug - 1 Sept	rest day	6	8	8	rest day	21	10	53
Week 10								
2 - 8 Sept	rest day	6	8	8	rest day	21	10	53
Week 11								
9 - 15 Sept	rest day	6	8	8	rest day	35	10	67
Week 12								
16 - 22 Sept	rest day	6	8	8	rest day	27	10	59
Week 13								
23 - 29 Sept	rest day	6	8	8	rest day	21	10	53
Week 14								
30 Sept - 6 Oct	rest day	6	8	8	rest day	18	10	50
Week 15								
7 - 13 Oct	rest day	6	8	8	rest day	15	10	47
Week 16								
14 - 20 Oct	rest day	8	6	4	rest day	3	RACE DAY	

TIMES:

- ¹ 05:15 Yello Coffee OR 17:15 Naval Hill (statue)
- ² 05:15 Yello Coffee
- ³ 05:15 Yello Coffee OR 17:15 Naval Hill (entrance gate)
- ⁴ 05:30 Yello Coffee
- ⁵ 06:30 Vida e caffè Preller

* Updated: 15-07-2024

NOTES:

- * Programme & distances are only guidelines.
- * Routes will be posted on relevant WhatsApp groups.
- * At least one cross training activity (swimming, cycling, or gym session) per week is recommended.

Contact: Arina Engelbrecht @ 083 644 9980