

777 MARATHON TRAINING PLAN



777 MARATHON
7 MARATHONS 7 STATES 7 DAYS

AURORA
CONNECT • INSPIRE • EXPLORE



WHEN TO START?

This program is for 20 weeks so 9th of February 2025.

If you want to add a few extra weeks, just repeat weeks 1 & 2 until then.



DON'T WORRY ABOUT YOUR PACE, GET OUT THERE AND ENJOY YOUR RUNNING!



NEED TO MOVE THINGS AROUND?

We understand that work and life can get in the way. Feel free to shuffle the plan as needed, just try to have at least 1 day of rest a week

BRAVEHEARTS 777 MARATHON

TRAINING PLAN

BY WEEK



777 MARATHON
7 MARATHONS 7 STATES 7 DAYS

AURORA
CONNECT • INSPIRE • EXPLORE

WEEK ONE

01

DAY	ACTIVITY
MONDAY	optional Crosstraining plus Injury Prevention 1
TUESDAY	40 minutes - 1 hour steady state
WEDNESDAY	REST
THURSDAY	40 minutes - 1 hour steady state
FRIDAY	Crosstraining plus Injury Prevention 1
SATURDAY	1 hour steady state
SUNDAY	1 hour - 1 hour 20 minutes steady state
NOTES	Crosstraining Sessions 30-60mins (Bike, Crosstrainer, swimming, boxing etc) Steady State - depending on ability can be all running or a combination of running and walking

WEEK TWO

02

DAY	ACTIVITY
MONDAY	optional Crosstraining plus Injury Prevention 1
TUESDAY	1 hour steady state
WEDNESDAY	<ul style="list-style-type: none">• 10 minute steady state warm up• 8 x 400 efforts with 1 minute walk recovery• 10 minutes steady state cool down
THURSDAY	REST
FRIDAY	1 hour steady state
SATURDAY	Crosstraining plus Injury Prevention 1
SUNDAY	1 hour 30 minutes steady state

WEEK THREE

03

DAY	ACTIVITY
MONDAY	optional Crosstraining plus Injury Prevention 1
TUESDAY	<ul style="list-style-type: none">• 10 minute steady state warm up• 1 x 2km effort and 3 minute static rest• 2 x 1km effort and 2 minute walk recovery• 10 minutes steady state cool down
WEDNESDAY	1 hour steady state
THURSDAY	Crosstraining plus Injury Prevention 1
FRIDAY	REST
SATURDAY	<ul style="list-style-type: none">• 20 minute steady state warm up• 10 x 1 minutes efforts with 1 minute static rest• 10 minutes steady state cool down
SUNDAY	1 hour 40 minutes steady state

WEEK FOUR

04

DAY	ACTIVITY
MONDAY	optional Crosstraining plus Injury Prevention 1
TUESDAY	1 hour steady state
WEDNESDAY	<ul style="list-style-type: none">• 15 minute steady state warm up• 6 x 2 minutes efforts with 1 minute jog recovery• 10 minutes steady state cool down
THURSDAY	Crosstraining plus Injury Prevention 1
FRIDAY	REST
SATURDAY	REST
SUNDAY	1 hour 30 minutes steady state

WEEK FIVE

05

DAY	ACTIVITY
MONDAY	optional Crosstraining plus Injury Prevention 1
TUESDAY	<ul style="list-style-type: none">• 15 minute steady state warm up• 4 x 800m efforts with 2 minute walk recovery• 10 minutes steady state cool down
WEDNESDAY	1 hour 10 minutes steady state
THURSDAY	Crosstraining plus Injury Prevention 1
FRIDAY	REST
SATURDAY	1 hour 30 minutes steady state
SUNDAY	2 hours steady state

WEEK SIX

06

DAY	ACTIVITY
MONDAY	Crosstraining plus Injury Prevention 1
TUESDAY	1 hour steady state
WEDNESDAY	<ul style="list-style-type: none">• 15 minute steady state warm up• 4 x 1km efforts with 3 minute walk recovery• 10 minutes steady state cool down
THURSDAY	1 hour steady state
FRIDAY	Crosstraining plus Injury Prevention 1
SATURDAY	REST
SUNDAY	2 hours 15 minutes steady state

WEEK SEVEN

07

DAY	ACTIVITY
MONDAY	optional Crosstraining plus Injury Prevention 2
TUESDAY	<ul style="list-style-type: none">• 15 minute steady state warm up• 2km effort with 5 minute rest, 4 x 500 metre efforts with 1 minute static rest• 10 minutes steady state cool down
WEDNESDAY	1 hour steady state
THURSDAY	Crosstraining plus Injury Prevention 2
FRIDAY	<ul style="list-style-type: none">• 10 minute steady state warm up• 8 x 2 minutes efforts with 1 minute jog recovery• 10 minutes cool down jog
SATURDAY	1 hour 30 minutes steady state
SUNDAY	2 hours 30 minutes steady state

WEEK EIGHT

08

DAY	ACTIVITY
MONDAY	optional Crosstraining plus Injury Prevention 2
TUESDAY	REST
WEDNESDAY	1 hour steady state
THURSDAY	<ul style="list-style-type: none">• 15 minute steady state warm up• 5 x 1km effort with 2 minute static rest• 10 minutes steady state cool down
FRIDAY	1 hour steady state
SATURDAY	Crosstraining plus Injury Prevention 2
SUNDAY	2 hours 45 minutes steady state

WEEK NINE

09

DAY	ACTIVITY
MONDAY	30 minute steady state plus Injury Prevention 2
TUESDAY	REST
WEDNESDAY	1 hour 30 minutes steady state
THURSDAY	Crosstraining plus Injury Prevention 2
FRIDAY	<ul style="list-style-type: none">• 15 minute steady state warm up• 5 minute, 4 minute, 3 minute, 2 minute effort with 1 minute walk recovery between, 3 minute static rest and repeat• 10 minutes steady state cool down
SATURDAY	1 hour 30 minutes steady state
SUNDAY	3 hours steady state

WEEK TEN

10

DAY	ACTIVITY
MONDAY	optional Crosstraining plus Injury Prevention 2
TUESDAY	REST
WEDNESDAY	2 hours steady state
THURSDAY	1 hour steady state
FRIDAY	Crosstraining plus Injury Prevention 2
SATURDAY	3 hours steady state
SUNDAY	2 hours steady state

WEEK ELEVEN

11

DAY	ACTIVITY
MONDAY	REST
TUESDAY	30 minute steady state plus Injury Prevention 2
WEDNESDAY	2 hours steady state
THURSDAY	Crosstraining plus Injury Prevention 2
FRIDAY	<ul style="list-style-type: none">• 20 minute steady state warm up• 15 x 1 minute efforts with 30 seconds walk recovery• 10 minutes warm down jog
SATURDAY	REST
SUNDAY	2 hours 30 minutes steady state

WEEK TWELVE

12

DAY	ACTIVITY
MONDAY	30 minute steady state plus Injury Prevention 2
TUESDAY	1 hour 30 minutes steady state
WEDNESDAY	2 hours steady state
THURSDAY	Crosstraining plus Injury Prevention 2
FRIDAY	REST
SATURDAY	1 hour 30 minutes steady state
SUNDAY	3 hours steady state

WEEK THIRTEEN

13

DAY	ACTIVITY
MONDAY	30 minute steady state plus Injury Prevention 3
TUESDAY	<ul style="list-style-type: none">• 10 minute steady state warm up• 10 x 400 metre effort with 1 minute walk recovery• 10 minutes steady state cool down
WEDNESDAY	REST
THURSDAY	2 hours steady state
FRIDAY	Crosstraining plus Injury Prevention 3
SATURDAY	2 hours steady state
SUNDAY	3 hours steady state

WEEK FOURTEEN

14

DAY	ACTIVITY
MONDAY	30 minute steady state plus Injury Prevention 3
TUESDAY	2 hours steady state
WEDNESDAY	<ul style="list-style-type: none">• 10 minute steady state warm up• 10 x 500 metre effort with 1 minute walk recovery• 10 minutes steady state cool down
THURSDAY	REST
FRIDAY	Crosstraining plus Injury Prevention 3
SATURDAY	2 hours 30 minutes steady state
SUNDAY	2 hours steady state

WEEK FIFTEEN

15

DAY	ACTIVITY
MONDAY	30 minute steady state plus Injury Prevention 3
TUESDAY	REST
WEDNESDAY	<ul style="list-style-type: none">• 30 minute steady state warm up• 3 x 1km effort with 2 minute static rest, 3 x 750 metre effort with 2 minute static rest• 10 minutes steady state cool down
THURSDAY	Crosstraining plus Injury Prevention 3
FRIDAY	REST
SUNDAY	3 hours steady state
SATURDAY	3 hours steady state

WEEK SIXTEEN

16

DAY	ACTIVITY
MONDAY	REST
TUESDAY	45 minute steady state plus Injury Prevention 3
WEDNESDAY	2 hours 30 minutes steady state
THURSDAY	2 hours steady state
FRIDAY	<ul style="list-style-type: none">• 20 minute steady state warm up• 10 x 400 metre efforts with 45 seconds static rest• 10 minutes steady state warm down
SUNDAY	3 hours steady state
SATURDAY	3 hours steady state

WEEK SEVENTEEN

17

DAY	ACTIVITY
MONDAY	30 minute steady state plus Injury Prevention 3
TUESDAY	<ul style="list-style-type: none">• 20 minute steady state warm up• 3 x 8 minutes effort with 3 minute static rest• 10 minutes steady state cool down
WEDNESDAY	REST
THURSDAY	1 hour 30 minute steady state
FRIDAY	2 hours 30 minute steady state
SUNDAY	2 hours steady state
SATURDAY	3 hours steady state

WEEK EIGHTEEN

18

DAY	ACTIVITY
MONDAY	45 minute steady state plus Injury Prevention 3
TUESDAY	REST
WEDNESDAY	<ul style="list-style-type: none">• 20 minute steady state warm up• 12 x 300 metre efforts with 1 minute walking recovery• 10 minutes steady state cool down
THURSDAY	3 hours steady state
FRIDAY	3 hours steady state
SUNDAY	3 hours steady state
SATURDAY	3 hours steady state

WEEK NINETEEN

19

DAY	ACTIVITY
MONDAY	REST
TUESDAY	30 minutes steady state plus Injury Prevention 3
WEDNESDAY	<ul style="list-style-type: none">• 10 minute jog warm up• 3 x 2 minute efforts with 1 minute static rest, 5 x 1 minute efforts with 45 seconds static rest• 5-10 minutes cool down jog
THURSDAY	2 hours steady state
FRIDAY	2 hours steady state
SUNDAY	2 hours steady state
SATURDAY	REST

WEEK TWENTY

20

DAY	ACTIVITY
MONDAY	REST
TUESDAY	30 minutes steady state plus Injury Prevention 3
WEDNESDAY	<ul style="list-style-type: none">• 20 minute steady state warm up• 5 x 1km efforts with 3 minute static rest• 10 minutes steady state cool down
THURSDAY	REST
FRIDAY	1 hour steady state
SUNDAY	1 hour steady state
SATURDAY	30 minute steady state

INJURY PREVENTION PROGRAMS



777 MARATHON
7 MARATHONS 7 STATES 7 DAYS

AURORA
CONNECT • INSPIRE • EXPLORE

Injury Prevention Program 1

EXERCISE	SETS	REPS	LOAD
Glute Bridge (single or double leg)	2	8-12	Body Weight
Deadbug	2	16-20	Body Weight
Band Crab Walk	3	5 mins each way	Med Resistance
Single leg calf raise	3	15	Body Weight
Arabesque	3	6-8	Body Weight
Step Up	3	10-12	Body Weight
Plank Hold	3	60-120 seconds	Body Weight
Mountain Climber	3	20-30	Body Weight

Injury Prevention Program 2

EXERCISE	SETS	REPS	LOAD
Glute Bridge (single or double leg)	2	8-12	Body Weight
Deadbug	2	20-30	Body Weight
Band Crab Walk	3	8 mins each way	Med Resistance
Single leg calf raise	3	20	Body Weight
Arabesque	3	8-10	3-5kg each hand
Step Up to high knee	3	12	5-10kg each hand
Plank Hold	3	80 - 150 Seconds	Body Weight
Mountain Climber	3	20-30	Body Weight

Injury Prevention Program 3

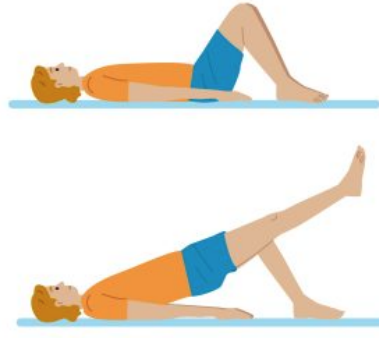
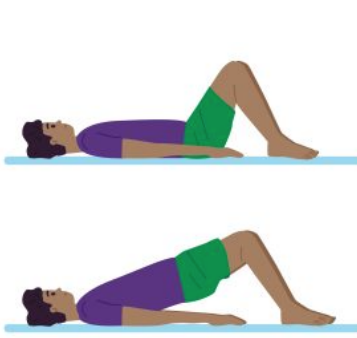
EXERCISE	SETS	REPS	LOAD
Glute Bridge (single or double leg)	2	12	Body Weight
Deadbug	2	20-30	Body Weight
Band Crab Walk	3	10 mins each way	Med Resistance
Single leg calf raise	3	20	Body Weight
Arabesque	3	10	5-10kg each hand
Step Up to high knee	3	12	10-20kg each hand
Plank Hold	3	100 - 200 Seconds	Body Weight
Mountain Climber	3	20-30	Body Weight

EXCERCISES



777 MARATHON
7 MARATHONS 7 STATES 7 DAYS

AURORA
CONNECT • INSPIRE • EXPLORE



Glute Bridge

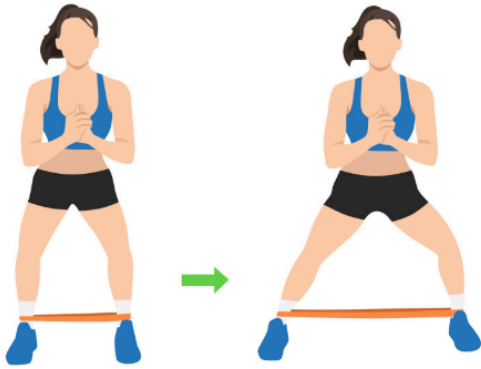
Double Leg

Glute Bridge

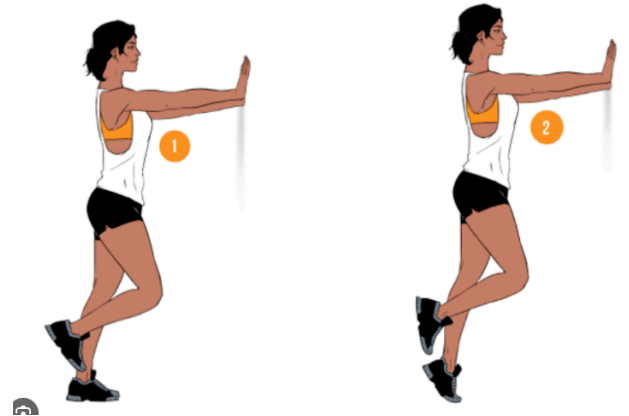
Single Leg



Deadbug



Band Crab Walk



Single Leg Calf Raise



Arabesque



Step Up



Plank Hold



Mountain Climber