

Marathon Training Plan 2015

This is the training plan that I will be following as I build up to my next marathon. It contains mostly speed and strength endurance work as I search for ever improving times over the marathon distance. I am a very experienced runner and like to push myself in training but am also aware of my body's limits given age, work commitments etc. A number of club members, who are also experienced runners, have asked me to help them with a plan so I am publishing my own, simply to help them with ideas for their training. All pyramid, fartlek, block and hill sessions are done at a rating of perceived exertion (RPE) of 9 out of 10. This generic plan can be adapted and personalised to suit your own fitness levels and needs.

Please feel free to use as you so wish. Anyone who follows this plan does so at their own risk.

This training plan may be suitable for regular and experienced runners who have a strong and well developed aerobic base that will enable them to handle the demands of this programme.

This plan is not designed for beginner or novice runners.

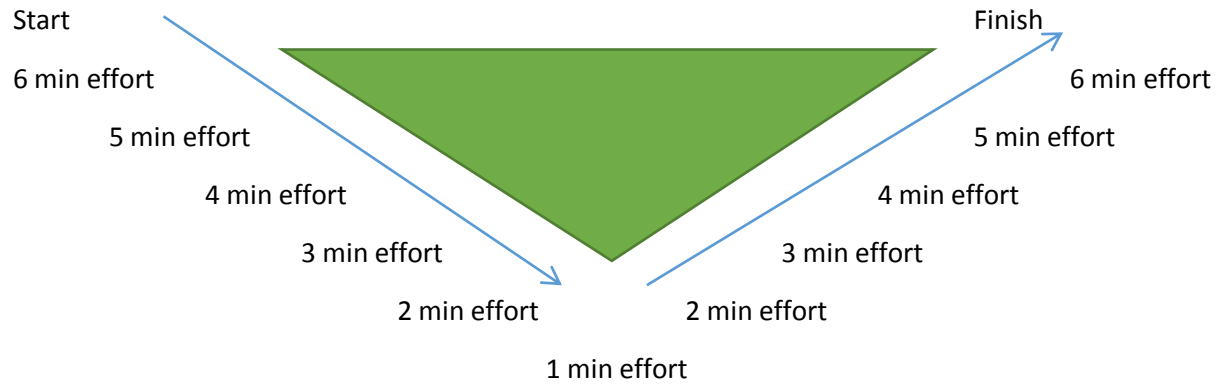
A few extra's that I also recommend:

Before all sessions spend at least 10 minutes warming up. After each session spend 10 minutes warming down followed by stretching of the major muscle groups. Listen to your body, if you feel any pain – STOP and assess the situation. Better to be safe than continue and end up with a major injury.

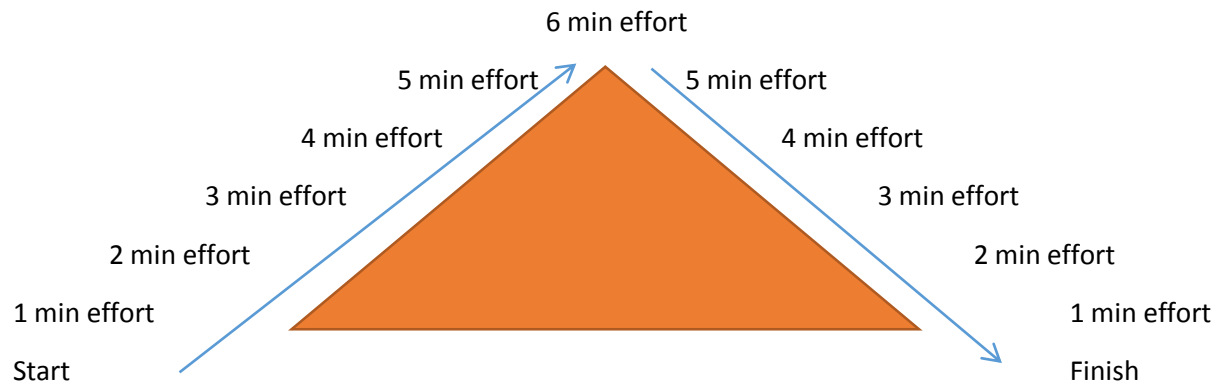
Safety - **always wear Hi-Viz gear** whether running in daylight ('dayglow') or after dark, tell someone your route and take your mobile phone with you. Try and run with someone if you can and in areas that have minimal traffic, but good lighting and visibility if running on the streets.

Pyramid Sessions

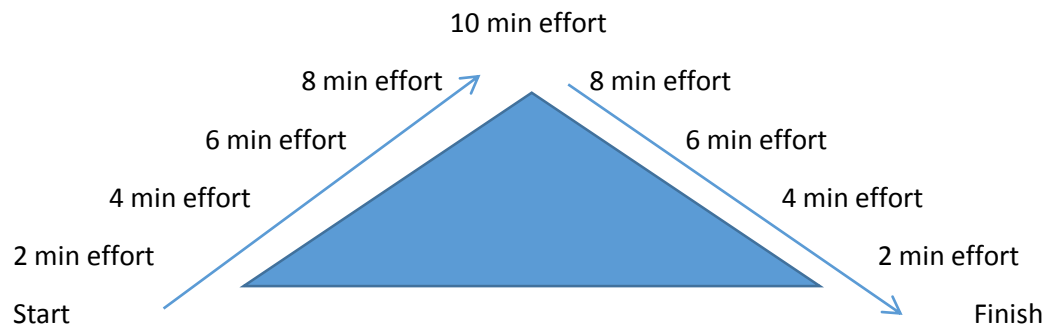
Pyramid 1 (P1) 2 minute recovery between efforts



Pyramid 2 (P2) 2 minute recovery between efforts



Pyramid 3 (P3) 2 minute recovery between efforts



Fartlek Sessions

Fartlek 1 – 30x1x1. 30 one minute effort of 90-95% with one minute active recovery between each.

Fartlek 2 – 15x2x2. 15 two minute efforts of 90 -95% with two minutes active recovery between each.

Focus on maintaining good technique whilst performing fartlek sessions.

Block sessions

6x6 (B1). 6 blocks of 6 minutes of effort with two minutes recovery in between each. Can do this on flat terrain or incorporate hills for strength endurance.

5x8 (B2). 5 blocks of 8 minutes of effort with two minutes recovery in between each. Can do this on flat terrain or incorporate hills for strength endurance.

Timed Progressive Run (TPR)

10 minutes at marathon pace

10 minutes at half marathon pace

10 minutes at 10K pace

10 minutes at 5k pace

Total 40 minute session - continuous

Mileage Progressive Runs

There are a few runs in the programme that are just down as 7 mile progressive run etc. The idea with these is to run the second half quicker than the first (this doesn't mean you take it easy in the first half – it should all be at a challenging pace with the second half a little more challenging).

Hills

Dukes Park, 12 efforts (400m) uphill – with recovery back down or Saxon Way 5 efforts up each side (total 10) of the valley (350m), recovery back down.

Club Night

The focus will either be on speed (intervals) or strength endurance.

Brisk Walk

5 mile brisk walking is recovery. Maintain a good posture open shoulders and use your arms. This will get the blood flowing around your system to aid recovery of the major muscle groups

Week Leading up to the Race

Rest and recovery but some brisk walking and loosening up can be incorporated. Nothing strenuous, you will have done all the hard work by then and you don't want to risk an injury at this late stage.

Race Pace Runs

Look at the time you aim to complete the marathon in and work out the mileage pace (For example 3h.29m.59s = 7m 59secs per mile pace)

Weekly Training Plan

(Key: P1 = Pyramid 1, F2 = Fartlek 2 etc)

Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	P1	Club Night		F1		7m progressive	5 mile brisk walk
Week 2	P2	Club Night		B1		9m race pace	5 mile brisk walk
Week3	TPR	Club Night		Hills		7m progressive	5 mile brisk walk
Week 4	P3	Club Night		F2		7m progressive	5 mile brisk walk
Week 5	P1	Club Night		F1		10m race pace	5 mile brisk walk
Week 6	P2	Club Night		B1		13m race pace	5 mile brisk walk
Week 7	TPR	Club Night		Hills		7m progressive	5 mile brisk walk
Week 8	P3	Club Night		F2		15m race pace	5 mile brisk walk
Week 9	B2	Club Night		F1		7m progressive	5 mile brisk walk
Week 10	Hills	Club Night		B1		18m race pace	5 mile brisk walk
Week 11	P3	Club Night		P3		7m progressive	5 mile brisk walk
Week 12	TPR	Club Night		F2		21m race pace	5 mile brisk walk
Week 13	Hills	Club Night		P2		14m progressive (race pace)	5 mile brisk walk
Week 14	P3	Club Night		B2		12m progressive (race pace)	5 mile brisk walk
Week 15	F1	Club Night		P1		P2	5 mile brisk walk
Week 16	Rest	Rest	Rest	Rest	Rest	Rest	RACE DAY

