

MARATHON TRAINING PLAN

WEEK 1

DAY	ACTIVITY	DURATION
SUNDAY JAN 20	LSD WALK/RUN	10KM
MONDAY JAN 21	OFF	OFF
TUESDAY JAN 22	TEMPO RUN	6KM
WEDNESDAY JAN 23	TEMPO RUN	10KM
THURSDAY JAN 24	STEADY RUN	6KM
FRIDAY JAN 25	OFF	OFF
SATURDAY JAN 26	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 2

DAY	ACTIVITY	DURATION
SUNDAY JAN 27	LSD WALK/RUN	10KM
MONDAY JAN 28	OFF	OFF
TUESDAY JAN 29	TEMPO RUN	6KM
WEDNESDAY JAN 30	TEMPO RUN	10KM
THURSDAY JAN 31	STEADY RUN	6KM
FRIDAY FEB 01	OFF	OFF
SATURDAY FEB 02	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 3

DAY	ACTIVITY	DURATION
SUNDAY FEB 03	LSD WALK/RUN	13KM
MONDAY FEB 04	OFF	OFF
TUESDAY FEB 05	TEMPO RUN	6KM
WEDNESDAY FEB 06	TEMPO RUN	10KM
THURSDAY FEB 07	STEADY RUN	8KM
FRIDAY FEB 08	OFF	OFF
SATURDAY FEB 09	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 4

DAY	ACTIVITY	DURATION
SUNDAY FEB 10	LSD WALK/RUN	13KM
MONDAY FEB 11	OFF	OFF
TUESDAY FEB 12	TEMPO RUN	6KM
WEDNESDAY FEB 13	TEMPO RUN	10KM
THURSDAY FEB 14	STEADY RUN	8KM
FRIDAY FEB 15	OFF	OFF
SATURDAY FEB 16	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 5

DAY	ACTIVITY	DURATION
SUNDAY FEB 17	LSD WALK/RUN	16KM
MONDAY FEB 18	OFF	OFF
TUESDAY FEB 19	TEMPO RUN	6KM
WEDNESDAY FEB 20	TEMPO RUN	10KM
THURSDAY FEB 21	STEADY RUN	8KM
FRIDAY FEB 22	OFF	OFF
SATURDAY FEB 23	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 6

DAY	ACTIVITY	DURATION
SUNDAY FEB 24	LSD WALK/RUN	16KM
MONDAY FEB 25	OFF	OFF
TUESDAY FEB 26	TEMPO RUN	6KM
WEDNESDAY FEB 27	TEMPO RUN	10KM
THURSDAY FEB 28	STEADY RUN	8KM
FRIDAY MARCH 01	OFF	OFF
SATURDAY MARCH 02	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 7

DAY	ACTIVITY	DURATION
SUNDAY MARCH 03	LSD WALK/RUN	19KM
MONDAY MARCH 04	OFF	OFF
TUESDAY MARCH 05	TEMPO RUN	6KM
WEDNESDAY MARCH 06	4 X 600M HILL REPEATS	5KM
THURSDAY MARCH 07	STEADY RUN	8KM
FRIDAY MARCH 08	OFF	OFF
SATURDAY MARCH 09	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 8

DAY	ACTIVITY	DURATION
SUNDAY MARCH 10	LSD WALK/RUN	23KM
MONDAY MARCH 11	OFF	OFF
TUESDAY MARCH 12	TEMPO RUN	6KM
WEDNESDAY MARCH 13	5 X 600M HILL REPEATS	6KM
THURSDAY MARCH 14	STEADY RUN	8KM
FRIDAY MARCH 15	OFF	OFF
SATURDAY MARCH 16	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 9

DAY	ACTIVITY	DURATION
SUNDAY MARCH 17	LSD WALK/RUN	26KM
MONDAY MARCH 18	OFF	OFF
TUESDAY MARCH 19	TEMPO RUN	6KM
WEDNESDAY MARCH 20	6 X 600M HILL REPEATS	7KM
THURSDAY MARCH 21	STEADY RUN	8KM
FRIDAY MARCH 22	OFF	OFF
SATURDAY MARCH 23	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 10

DAY	ACTIVITY	DURATION
SUNDAY MARCH 24	LSD WALK/RUN	19KM
MONDAY MARCH 25	OFF	OFF
TUESDAY MARCH 26	TEMPO RUN	6KM
WEDNESDAY MARCH 27	7 X 600M HILL REPEATS	8.5KM
THURSDAY MARCH 28	STEADY RUN	8KM
FRIDAY MARCH 29	OFF	OFF
SATURDAY MARCH 30	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 11

DAY	ACTIVITY	DURATION
SUNDAY MARCH 31	LSD WALK/RUN	29KM
MONDAY APRIL 01	OFF	OFF
TUESDAY APRIL 02	TEMPO RUN	6KM
WEDNESDAY APRIL 03	8 X 600M HILL REPEATS	9.5KM
THURSDAY APRIL 04	STEADY RUN	8KM
FRIDAY APRIL 05	OFF	OFF
SATURDAY APRIL 06	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 12

DAY	ACTIVITY	DURATION
SUNDAY APRIL 07	LSD WALK/RUN	29KM
MONDAY APRIL 08	OFF	OFF
TUESDAY APRIL 09	TEMPO RUN	6KM
WEDNESDAY APRIL 10	9 X 600M HILL REPEATS	11KM
THURSDAY APRIL 11	STEADY RUN	8KM
FRIDAY APRIL 12	OFF	OFF
SATURDAY APRIL 13	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 13

DAY	ACTIVITY	DURATION
SUNDAY APRIL14	LSD WALK/RUN	32KM
MONDAY APRIL 15	OFF	OFF
TUESDAY APRIL 16	TEMPO RUN	6KM
WEDNESDAY APRIL 17	10 X 600M HILL REPEATS	12KM
THURSDAY APRIL18	STEADY RUN	8KM
FRIDAY APRIL 19	OFF	OFF
SATURDAY APRIL 20	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 14

DAY	ACTIVITY	DURATION
SUNDAY APRIL 21	LSD WALK/RUN	23KM
MONDAY APRIL 22	OFF	OFF
TUESDAY APRIL 23	TEMPO RUN	6KM
WEDNESDAY APRIL 24	FARTLEK	10KM
THURSDAY APRIL 25	STEADY RUN	8KM
FRIDAY APRIL 26	OFF	OFF
SATURDAY APRIL 27	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 15

DAY	ACTIVITY	DURATION
SUNDAY APRIL 28	LSD WALK/RUN	29KM
MONDAY APRIL 29	OFF	OFF
TUESDAY APRIL 30	TEMPO RUN	6KM
WEDNESDAY MAY 01	FARTLEK	10KM
THURSDAY MAY 02	STEADY RUN	10KM
FRIDAY MAY 03	OFF	OFF
SATURDAY MAY 04	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 16

DAY	ACTIVITY	DURATION
SUNDAY MAY 05	LSD WALK/RUN	32KM
MONDAY MAY 06	OFF	OFF
TUESDAY MAY 07	TEMPO RUN	6KM
WEDNESDAY MAY 08	FARTLEK	10KM
THURSDAY MAY 09	STEADY RUN	10KM
FRIDAY MAY 10	OFF	OFF
SATURDAY MAY 11	STEADY RUN	6KM

MARATHON TRAINING PLAN

WEEK 17

DAY	ACTIVITY	DURATION
SUNDAY MAY 12	LSD WALK/RUN	23KM
MONDAY MAY 13	OFF	OFF
TUESDAY MAY 14	TEMPO RUN	6KM
WEDNESDAY MAY 15	FARTLEK	10KM
THURSDAY MAY 16	STEADY RUN	10KM
FRIDAY MAY 17	OFF	OFF
SATURDAY MAY 18	STEADY RUN	16KM

MARATHON TRAINING PLAN

WEEK 18

DAY	ACTIVITY	DURATION
SUNDAY MAY 19	WALK/RUN	6KM
MONDAY MAY 20	OFF	OFF
TUESDAY MAY 21	TEMPO RUN	6KM
WEDNESDAY MAY 22	STEADY RUN	10KM
THURSDAY MAY 23	OFF	OFF
FRIDAY MAY 24	OFF	OFF
SATURDAY MAY 25	STEADY RUN	3KM

TRAINING PLAN LEGEND



LSD (Walk/Run)
Long Slow Distance



HILLS
Go up!



Tempo
Anaerobic threshold
or lactate-threshold run



Fartlek
Speed Play



Steady Run
Below Race Pace



Race Pace
Your Race Day
Pace Goal

TRAINING PLAN LEGEND

LSD (Walk/Run)



LSD (Walk/Run) Long Slow Distance

Long Slow Distance runs are the cornerstone of any distance training program. These runs will build your strength, resiliency and fitness.

These runs are meant to be done slower than race pace so don't be overly concerned with your pace. One way to easily tell you are running slow enough is that you should be able to hold a conversation with ease while running.

LSD runs help to prepare you for mentally longer distances.

It can be easy to run long runs too fast in the first weeks of the program, but avoid this to avoid injury. Many runners push these runs too fast because they feel like they need to work hard. However, the feeling that you are 'working hard' should be reserved for a Tempo run, so as to not negatively impact your training program



TRAINING PLAN LEGEND

TEMPO

Tempo Anaerobic threshold or lactate-threshold run

Tempo runs should be done at a pace that feels “comfortably hard”.

Tempo workouts should stress the body at a specific intensity level - not more, not less. The workout should ideally take place on smooth, flat terrain under relatively calm weather conditions.

Tempo workouts are typically of 20-30 minute non-stop duration with a warm up and cool down added. Alternatively, tempo repeats can consist of a few shorter sets of tempo intervals with a short rest between them. In this way, tempo workouts can be increased to 30-50 minutes overall.

TRAINING PLAN LEGEND

STEADY RUN



Steady Run - Below Race Pace

Steady run is a run below one's targeted race pace.

Run at comfortable speed; if in doubt, go slow.

TRAINING PLAN LEGEND

HILLS



Hills - Go up!

Hill training combines the benefits of both interval and speed training. They develop strength and fitness.

Hills can be run over a variety of distances and grades and can be combined with longer runs. Generally when introduced to LSD, Tempo and Steady Runs the Hills match the effort of the run.

Hills can be run as repeats or as hilly runs.



TRAINING PLAN LEGEND

FARTLEK

Fartlek - Speed Play

Short bursts at 70-80% effort, plus recovery periods that allow time to bring the heart rate down where it sits on a LSD run.

To build determination and strength. Fartlek teaches a runner to run at a varied tempo instead of locking into one pace.

TRAINING PLAN LEGEND

RACE PACE

Race Pace - Your Race Day Pace Goal

To train the body to run at exactly the pace and intensity that will be required during the target race.

To train the body and mind to become comfortable being uncomfortable. Generally Race Pace is done above lactic threshold but that can vary as most runners will not run a Marathon above lactic threshold.

To develop stamina and pace judgment.

It is important that Race Pace be done at where you are at in fitness, not where you want to be. Your technique and day-to-day training program will be compromised if you have not built the adequate fitness and strength base to handle the goal pace. Let this pace build over the course of your program and use it as a marker for improvement.

