



Training for a Marathon 16 week plan

| Week | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|-------------|------------|---|--------------|--|-------------------------|---------------------------|--------------------------------------|
| 1 | 5m easy | 7m or club training | 6m easy | Hill rep Or club training | Rest Or Swim/Bike | 6 - 7m Steady off rd | 9 - 11m SLOW |
| 2 | 5m Easy | 3 - 4m Or club training | 6m Steady | 8 x 90sec fast 1min rec Or club training | Rest Or Swim/Bike | 6 - 8m Steady off rd | 12m SLOW |
| 3 | Rest | 6m Or club training | 6m Easy | 4 x 5 - 6min 2min rec Or club training | 5m Easy | 7 - 8m Off rd | 10m SLOW |
| 4 | 5m Easy | 7m Easy Or club | 5m Easy | 6 x 3min fast 1min rec Or club | Rest | 3 - 5m | 13m Slowly finishing faster |
| 5 | Rest | 7m Or club | 6m Steady | 8m Or club | Rest Or Swim/Bike | Swim/Bike | 13m Or half marathon race |
| 6 | 5m Easy | Hill rep 8 x 90sec 1 min rec Or club | Rest | 6m Or club | 5m or Swim/Bike | 8m at marathon pace | 10 - 12m Easy |
| 7 | Rest | 7 x 3min 2min rec Or club | 5m off rd | Fartlek Or club | Swim/Bike | 3m jogging only | 18m SLOW |
| 8 | 5m Easy | 6m Or club | 6m | Fartlek Or club | Rest | 4m jogging | 13m Or half |

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|-----------|-----------------|---|------------------------|----------------|-----------------|------------------|---|
| | | | | | | | marathon race |
| 9 | Rest | 6 x 3min 1 min rec Or club | 7m Steady | 8m Or club | 5m Swim/Bike | 5m Easy | 20m Steady |
| 10 | Rest | 6m Or club | Rest | 8m Or club | Swim/Bike | 3m Easy | 16m Steady |
| 11 | Rest | 7m Fartlek Or club | 6m Steady | 10m Or club | Rest Or 3m | 5 - 6m | 18m |
| 12 | 5m Steady | 7m Or club | 7m Inc Hill reps | 8m Or club | Rest | Swim/Bike | 20 - 22m Steady |
| 13 | REST | 6m easy fartlek Or club | 10m Steady | 7m Or club | REST | 3m easy | 20 - 22m Last big run before marathon |
| 14 | REST | 6m Or club | REST | 10m Or club | Swim/Bike | 4m Easy | 16m Steady |
| 15 | 5 - 6 off rd | 4 x 1mile at marathon pace Or club | 8m Steady | 8m Or club | REST | Swim/Bike | 10m Steady |
| 16 | REST | 6m Or club | 4m Easy | 5m Or club | REST | 30min jogging | RACE DAY |
| | | | | | | | |

Hill running

Running uphill is hard work but it can give a real boost to your training, putting you through an intense workout in a short space of time. Here's what to do.

Plan your route

Approach it gently

1. Be prepared to attack the hill before you reach it.
2. As you run up the hill pump your arms and shorten the length of your strides, but take faster strides to keep the pace.

3. At the end of your hill running you should feel like you've worked hard, but you could manage 1 more.

4. Get plenty of practice it's the only way to get better at hill running.

Fartlek Training

Fartlek training makes a great alternative to normal road running.

Tapering your Training

1. It's important to ease up (taper) your training in the last few weeks before your big day.

2. Tapering doesn't mean you should stop training, just cut back.

3. The length of you tapering depends on your event you're preparing for, a 2 week taper is recommended.

Overtraining

You'll need to train hard to be fully prepared for the Marathon, but it's also possible to over train your body.

1. Make sure you REST after a race. Your body will need time to recover.

2. Train sensibly.

3. Make a change to your training routine now and again.

4. Make sure you drink plenty of water to avoid **dehydration**.

5. Make sure you eat well, as your energy stores will be used up during your training sessions.