

17 Week - Marathon Training Plan

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
1	04-Jan	REST	Short Hill Reps (approx 1 min x 8)	SLOW Run (20 mins)	Tempo (2.5mile)	REST	Cross-Train	Long Run (10 mile)	BASE & STRENGTH
2	11-Jan	REST	Short Hill Reps (approx 1 min x 8)	SLOW Run (20 mins)	Tempo (3 mile)	REST	Cross-Train	Long Run (12 mile)	
3	18-Jan	REST	Short Hill Reps (approx 1 min x 10)	SLOW Run (20 mins)	Technique Session - Drills / Easy	REST	parkrun	Long Run (12 mile)	
4	25-Jan	REST	Short Hill Reps (approx 1 min x 10)	SLOW Run (25 mins)	Tempo (3 mile)	REST	Cross-Train	Long Run (14 mile)	
5	01-Feb	REST	Short Hill Reps (approx 1 min x 12)	REST	Tempo (3 mile)	REST	Derry 10m	Cycle, SLOW RUN or Rest	MENTAL TOUGHNESS & ENDURANCE
6	08-Feb	REST	Short Hill Reps (approx 1 min x 12)	SLOW Run (25 mins)	Tempo (4 mile)	REST	Cross-Train	Long Run (14 mile)	
7	15-Feb	REST	Technique Session - Drills / Easy	SLOW Run (30 mins)	Tempo (4 mile)	REST	Cross-Train	Long Run (16 mile)	
8	22-Feb	REST	Long Steep Hill Reps (5-6mins x 3)	SLOW Run (30mins)	Tempo (4 mile)	REST	parkrun	Long Run (16 mile)	
9	01-Mar	REST	Long Steep Hill Reps (5-6mins x 3)	SLOW Run (30 mins)	Tempo (5 mile)	REST	Cross-Train	Long Run (16 mile)	RACE SPECIFICITY
10	08-Mar	REST	Long Steep Hill Reps (5-6mins x 3)	SLOW Run (30 mins)	Tempo (5 mile)	REST	REST	Long Run (18 mile)	
11	15-Mar	REST	Long Steep Hill Reps (5-6mins x 3)	SLOW Run (15 mins)	Tempo (5 mile)	REST	Larne HM	Long Run (18 mile)	
12	22-Mar	REST	Fartlek (long reps 4-6mins x 5 at 10k pace)	SLOW Run (30 mins)	Technique Session - Drills / Easy	REST	Omagh HM	Long Run (18 mile)	
13	29-Mar	REST	Fartlek (long reps 4-5mins x 3 at 10k pace)	SLOW Run (30 mins)	Fartlek (short & flat, 90-120 sec at 5k pace x 6)	REST	Cross-Train	Cycle, SLOW RUN or Rest	
14	05-Apr	REST	Fartlek (long reps 4-5mins x 5 at 10k pace)	SLOW Run (30 mins)	Fartlek (short & flat, 90-120 sec at 5k pace x 7)	REST	REST	Long Run (20 mile)	
15	12-Apr	REST	Fartlek (long reps 4-5mins x 5 at 10k pace)	SLOW Run (30 mins)	Fartlek (short & flat, 90-120 sec at 5k pace x 8)	REST	parkrun	Long Run (18 mile)	
16	19-Apr	REST	Technique Session - Drills / Easy	SLOW Run (30 mins)	Fartlek (short & flat, 90-120 sec at 5k pace x 8)	REST	Cross-Train	Long Run (14 mile)	
17	26-Apr	REST	Fartlek (long reps 4-5mins x 3 at 10k pace)	SLOW Run (30 mins)	Fartlek (short & flat, 90-120 sec at 5k pace x 4)	REST	SLOW Run (15 mins)	REST	
	03-May	Marathon			SLOW RUN (20 mins)			SLOW RUN (30 mins)	

Assumes you can run at least 10 mile and fairly fit. Aimed at first-timers and those looking a faster time. Follow entirely at your own risk - please read accompanying notes below and on BelfastRunning.com

17-Week Marathon Training Plan - NOTES

- A The goal is to be in good shape for the marathon, do not worry about other races, training plans, weekly miles or pace
- B Plan is based around 3 quality sessions per week, Gold (Tue), Silver (Thur) and Bronze (Sun) in terms of importance
- C The aim is to be totally recovered for Gold sessions, if that means reducing Sun or moving Gold & Silver sessions a day later that's ok
- D Rest, sleep, recovery and nutrition are as important as training sessions. **Listen to your body**, and act on injuries & **rest when need be**
- E Outside three main sessions, all other runs should be at *least 2.5 mins per mile slower than race pace* (should feel very easy)
- F Cross-Train is for cycling, swimming, gym, yoga etc - This can be done once or twice a week, but keep easy & remember (D)
- G Ideally aim to do 10-15 min stretching and core strength work each day or at least 1 sessions per week in the gym
- H Visit a physio at the start to see any particular weaknesses you need to address (prevention is better than cure)
- I Have a stop watch but do not use a Garmin. Use a car or bike to work mile (and half-mile) markers if you don't know any
- J **Run as much off-road as you can.** The first 10 weeks, all long runs should be off-road and involve hills
- K Strongly encourage you to gradually start walking, jogging or cycling to work. Will provide a huge benefit over 17 weeks (but see D)
- L Warm up should be about 10-15mins, especially for speed (see notes), with fartlek/tempo aim for about 75-80 min run in total
- M Recovery: Hill reps, jog/run back to the start. For other reps/fartlek etc, use 33-50% rule i.e. if 4 min rep start with 2min and then try & reduce it

Timing Wise
Cross-Train max for 1 hr
Gold & Silver Sessions, should last a maximum of 80 mins (90 mins inc warm up & cool down)
Long runs are max 3.5hrs, do not exceed 3.5hrs (even if you haven't hit target)
On Average: 7hrs/week

Please see more detailed accompanying notes on BelfastRunning.com which go into detail on each session, rest, tapering, races etc and basis for this plan.

NB Always consult your doctor before embarking on any training plan. A marathon is an achievable but tough, and very rewarding event but please take care