

TRAINING GUIDE FOR THE MARATHON



WEEK 1						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 30 min easy run • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +15 min steady run+10 min easy run (Total 35min) • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 40 min steady run • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 60 min easy run • Post workout stretching

WEEK 2						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +20 min steady run+10 min easy run (Total 40min) • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 40 min steady run • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run + 5 x (2min Interval run, 2min easy run) + 10 min steady run. Total 40 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 70 min easy run • Post workout stretching

WEEK 3						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run + 3 x (5min Threshold run, 2min easy run) +10min Steady run+ 10 min easy run. Total 51 min • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 50 min steady run • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +30 min steady run+10 min easy run (Total 50 min) • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 28 min easy run • Post workout stretching

WEEK 4						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 40 min Fartlek running • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • Steady run 60 min • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 15min easy run + 3 x (8min Threshold run, 3min easy run) + 15 min easy run. Total 63 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 90 min easy run • Post workout stretching

WEEK 5						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 60 min Fartlek running • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run + 3 x (10 min Threshold run, 3min easy run) + 10 min steady run. Total 59 min • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 15 km run (80-85% race pace) • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 70 min easy run • Post workout stretching

WEEK 6 <i>RECOVERY WEEK</i>						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 40 min easy run • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +25 min steady run+10 min easy run (Total 45min) • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 5min easy run + 8 x (2min Interval run, 1min easy run) + 5 min easy run. Total 34 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 50 min easy run • Post workout stretching

WEEK 7						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 50 min easy run • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run + 2 x (15 min Threshold run, 2min easy run) + 10 min steady run. Total 54 min • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +10 min Threshold run +10 min steady run+10min easy run+10 min steady run. Total 50 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 15km easy run • Post workout stretching

WEEK 8						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +20min steady run+10min easy run. Total 40min • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 60 min steady run • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 50 min steady run • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 17km easy long run (5km marathon pace time) • Post workout stretching

WEEK 9						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run 5min+4min+3min +2min-interval run (2 min easy run between intervals) +10 min easy run • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 60 min steady run • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy+20 min steady run +10 min asy run. Total 40 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 20km easy run • Post workout stretching

WEEK 10						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run +12 x (2 min interval run+1 min easy run+ 10 min easy run. Total 56 • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 40 min easy run • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +10 x (1 min interval run +1 min easy run)+ 10 min easy run. Total 40 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 23km easy run (5km marathon pace time) • Post workout stretching

WEEK 11						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run + 2 x (15 min Threshold run, 2min easy run) + 10 min steady run. Total 54 min • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 40 min easy run • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +7 x (2 min interval run+ 1min easy run) +10 min easy run. Total 41 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 26 km easy run • Post workout stretching

WEEK 12 <i>RECOVERY WEEK</i>						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run 5min+4min+3min +2min-interval run (2 min easy run between intervals) +10 min easy run Total 40 min • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 40 min easy run • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run+ 10 x (1 min interval run +1 min easy run)+10 min easy run. Total 40min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 32km easy run • Post workout stretching

WEEK 13						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 40 min steady run • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +25 min steady run+10 min easy run (Total 45min) • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run + 8 x (1min Interval run 1min easy run) + 5 min easy run. Total 31 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 40 min easy run • Post workout stretching

WEEK 14						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 40 min steady run • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 10 min easy run +2 x (7min Threshold run+ 2min easy run+) +2*(7min Steady run+2 min easy run) +10 min easy run. Total 56 min • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 15 km run race pace • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 50 min easy run • Post workout stretching

WEEK 15						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 35 min steady run • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 15 min easy run +15 min steady run+15 min easy run (Total 45min) • Post workout stretching 	Rest	<ul style="list-style-type: none"> • Pre work out stretching • 10min easy run + 15 x (1min Threshold run, 1min easy run) + 10 min easy run. Total 50 min • Post workout stretching 	<ul style="list-style-type: none"> • Pre work out stretching • 45 min easy run • Post workout stretching

WEEK 16						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Rest	<ul style="list-style-type: none"> • Pre work out stretching • 30 min easy run • Post workout stretching 	Rest or core exercises	<ul style="list-style-type: none"> • Pre work out stretching • 5min easy run + 6 x (30 sec acceleration, 1min easy run) + 5 min easy run. Total 19 min • Post workout stretching 	Rest	 RACE DAY	

PRE WORKOUT STRETCHING

Stretching exercises to prepare joints, ligaments, tendons and muscles for workout. https://www.youtube.com/watch?v=b2q_0qQcBZw

POST WORK OUT STRETCHING

Stretching exercises to relax tension; mainly in your muscles, ligaments and tendons. <https://www.youtube.com/watch?v=5oj9-4ZQes4>

EASY RUN

Running at a speed at which talking proves easy.

STEADY RUN

Running at a moderate speed which makes talking difficult.

INTERVAL RUN

Short, intense efforts followed by equal or slightly longer recovery time. For example, after a warm up, run hard for two minutes, followed by two or three minutes of easy jogging or walking to catch your breath. It should be difficult to talk during your rests from running.

THRESHOLD RUN

Running at a pace where lactate does not accumulate significantly in the blood during the workout, but instead stays at a constant level. Lactate -"Baking" in muscles during an intense run. It will be impossible to talk.

FARTLEK

Fartlek training is simply defined as periods of fast running intermingled with periods of slower running. For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections added in whenever possible. It should be difficult to talk during your rest from running.

MARATHON PACE TIME

Race speed that you able to maintain throughout your participation in the event.