

Marathon 14 x wk schedule - Paul Evans

	Sunday Long Run Improvers	Sunday Long Run first timers	Tuesday @ Striders	Thursday @ Striders	Duration	Training notes
Wk 1	10 mile easy	6 mile easy	Striders Structured Training	5 x 2 min, 1 min rec - 5 x 1 min, 45sec rec - 5 x 30 sec, 30 sec rec	17 min, 30sec	Introduction week, 1st of 14 x week programme, Athlete's encouraged to run efforts quicker than race pace (RP)
Wk2	10 mile easy	8 mile easy	Striders Structured Training	4 x 1 min, 45sec rec - 3 x 2 min, 1min rec - 2 x 3 min, 90 sec - 1 x 4 min	20 min	Pyramid session, getting use to running faster than race pace.
Wk3	12 mile easy	9 mile easy	Striders Structured Training	5 min out, 5 min back - 3 min out, 3 min back - 2 min out, 2 min back - 1min out, 1 min back	22 min	Out and back session, athletes will be encouraged to try and get back slightly quicker.
Wk4	14 mile easy	10 mile easy	Striders Structured Training	6 min @ 10m RP - 4 min @ 10k RP - 2 min @ 5k RP - 1 min 3k RP - 4 min - 2 min - 1 min - 4 x 30sec	22min	Run at different paces, keeps athletes focused throughout the session.
Wk5	16 mile easy	8 mile easy	Striders Structured Training	Kenyan Hill session to include (3 sets of 6 min)	18 min	3 x loops of Kenyan hills, focusing on running down hills as well as running up hills.
Wk6	18 mile easy	12 mile easy	Striders Structured Training	4 min @ 10k RP - 3 min @ 5k RP - 2 min @ 3k RP - 10min 10m RP - 6 x 30 min	22 min	Again running at different paces, using different energy systems.
Wk 7	20 mile easy	14 mile easy	Striders Structured Training	5 x 1 mile, to include (2 @ 10k RP, 2 @ 5k, 1 @ RP)	25 min	Efforts to get progressively quicker as the session go's on.
Wk 8	20 mile easy	16 mile easy	Striders Structured Training	6 x 3 min, 90 sec rec - 6 x 1 min, 45sec - 6 x 30sec, 30sec rec	27min	Asking the athletes to operate quicker than RP, with very short recoveries.
Wk 9	14 mile easy	10 mile easy	Striders Structured Training	2 x 7 min @ 10k RP - 4 X 1min - 2 x 3 min @ 3k RP - 4 X 45sec, 45 sec rec - 4 x 30sec, 30sec rec	29 min	Different paces, again taking athletes out of there comfort zones.
Wk 10	22 mile easy	18 mile easy	Striders Structured Training	Kenyan Hill Session to include (3 x sets of 10 min)	30min	3 x longer loops of Kenyan Hill, looking at technique
Wk 11	20 mile easy	20 mile easy	Striders Structured Training	2 x 8 min @ 10k RP - 2 X 5min @ 5k RP - 2 x 3min @ 3k RP	32 min	More of a tempo session, with a focus on pace judgement.
Wk 12	16 mile easy	18 mile easy	Striders Structured Training	3 x 6 min out, 6 min back	36 min	Out and back session with the focus of trying to get back slightly quicker, there fore simulating race conditions.
Wk 13	10 mile easy	8 mile easy	Striders Structured Training	3 x 10 min to include (1 x @ 1/2 mara RP - 1 x 10k RP - 1 x @ SP - 2 min rec between sets	30 min	Athlete's asked to run each effort at a slightly faster pace, Key is not to run the first effort to quick !
Wk 14	Race	Race		4 x 2 min, 2 min rec - 4 x 1 min, 1 min rec - 4 x 30sec, 30 sec rec	15 min	Conditioning session, with Race around the corner

Plan Note:

The above training plan is based on a simple philosophy, if you can run the shorted distances faster then race pace will feel comfortable this will be backed up by the weekend long runs which will give you the endurance base (time on your feet) and also giving you the confidence knowing that the distance is not a barrier, a third club session on a Tuesday will be lead by your club coaches which I am sure will complement

Rest Days:

Rest is the most important part of training especially for new runners, and unfortunately it is the one runners tend to forget, I would advise that runners have at least one rest day between runs, this will allow adequate time for your body to adapt & recover (muscles/joints) before you set out for your next run, this especially applies to the day after your long run.

Racing

I would encourage runners to race a few shorter races leading up to there targeted race, they can replace one of there long runs for a race, pinning a number on is always a good long run replacement, but don't race every week, I would say no more that once a month, and nothing after middle of March.

Extra training

I would expect the more experience runner will want to do more than the 3 x sessions I have suggested, just make sure there is some easy running in there some where and a couple of rest days.