



### **Metric Marathon Training Schedule**

It is assumed you have competed in at least one half marathon and are moving on to a challenge beyond that distance.

#### **General Principles:-**

1. Cross Training can be swimming, gym etc.
2. Tuesday speed session of 400m blocks should be run at 5k race pace and should be preceded by at least 1 mile run warm up and followed by a similar warm down. Hill sessions – find a hill and climb it several times, jogging down as a recovery.
3. Thursday runs should be at target race pace.
4. Sunday run should be paced at least 30 secs per mile slower than target race pace.
5. Two recovery weeks are included to allow your training to have optimal effect.

<b>Week Beginning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
30 May							6 miles <b>Training Run</b>
6 June	Rest	4 x 400	Cross Training	4 miles (RP)	Rest	4 miles easy	7 miles <b>Webinar</b>
13 June	Rest	35 min hard	Cross Training	4 miles (RP)	Rest	4 miles easy	8 miles
20 June	Rest	5 x 400	Cross Training	5 miles (RP)	Rest	Parkrun	9 miles
27 June (Recovery)	Rest	35 min hard	Cross Training	4 miles (RP)	Rest	3 miles easy	8 miles <b>Training Run</b>
4 July	Rest	6 x 400	Cross Training	5 miles (RP)	Rest	4 miles easy	10 miles
11 July	Rest	45 min hills	Cross Training	5 miles (RP)	Rest	5 miles easy	11 miles
18 July	Rest	6 x 400	Cross Training	5 miles (RP)	Rest	5 miles easy	10K race
25 July	Rest	30 min hills	Cross Training	5 miles (RP)	Rest	Parkrun	11 miles
1 August (recovery)	Rest	6 x 400	Cross Training	4 miles (RP)	Rest	4 miles easy	9 miles
8 August	Rest	45 min hills	Cross Training	6 miles (RP)	Rest	6 miles easy	12 miles <b>Training Run</b>
15 August	Rest	7 x 400	Cross Training	6 miles (RP)	Rest	6 miles easy	13 miles
22 August	Rest	45 min hard	Cross Training	6 miles (RP)	Rest	6 miles easy	14 miles

<b>Week Beginning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
29 August	Rest	8 x 400	Cross Training	7 miles (RP)	Rest	Parkrun	14 miles <b>Training Run</b>
5 September (recovery)	Rest	30 mins hills	Cross Training	5 miles (RP)	Rest	4 miles easy	12 miles
12 September	Rest	8 x 400	Cross Training	7 miles (RP)	Rest	6 miles easy	15 miles
19 September (taper)	Rest	6 x 400	Cross Training	5 miles (RP)	Rest	5 miles easy	10 miles <b>Training run &amp; seminar</b>
26 September (taper)	Rest	2 x 400	Cross Training	2 miles easy	Rest	1 mile jog or rest	<b>Race Day!</b> <b>26.2K</b> <b>Good times!</b>