



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. Three recovery weeks are included to allow your training to have optimal effect.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 May							6 miles Training Run
5 June	Rest	4 x 400	Cross Training	4 miles (RP)	Rest	4 miles easy	7 miles
12 June	Rest	35 min hard	Cross Training	4 miles (RP)	Rest	4 miles easy	8 miles
19 June	Rest	5 x 400	Cross Training	5 miles (RP)	Rest	Parkrun	9 miles
26 June	Rest	35 min hard	Cross Training	5 miles (RP)	Rest	5 miles easy	10 miles Training Run
3 July Recovery	Rest	5 x 400	Cross Training	4 miles (RP)	Rest	4 miles easy	9 miles
10 July	Rest	45 min hills	Cross Training	5 miles (RP)	Rest	5 miles easy	10 miles
17 July	Rest	6 x 400	Cross Training	5 miles (RP)	Rest	5 miles easy	10K race or 11 miles
24 July	Rest	30 min hills	Cross Training	5 miles (RP)	Rest	Parkrun	12 miles
31 July Recovery	Rest	6 x 400	Cross Training	4 miles (RP)	Rest	4 miles easy	11 miles Training Run
7 August	Rest	45 min hills	Cross Training	6 miles (RP)	Rest	6 miles easy	12 miles
14 August	Rest	7 x 400	Cross Training	6 miles (RP)	Rest	6 miles easy	13 miles
21 August	Rest	45 min hard	Cross Training	6 miles (RP)	Rest	6 miles easy	14 miles
28 August Recovery	Rest	8 x 400	Cross Training	5 miles (RP)	Rest	Parkrun	13 miles Training Run

4 September	Rest	30 mins hills	Cross Training	7 miles (RP)	Rest	6 miles easy	14 miles
11 September	Rest	8 x 400	Cross Training	7 miles (RP)	Rest	6 miles easy	15 miles
18 September (taper)	Rest	6 x 400	Cross Training	5 miles (RP)	Rest	5 miles easy	12 miles
25 September (taper)	Rest	6 x 400	Cross Training	5 miles easy	Rest	5 miles easy	10 miles Training Run
2 October	Rest	2 x 400	Cross Training	2 miles easy	Rest	1 mile jog or rest	Race Day! 26.2K Good times!