



VLM Marathon Schedule for Client

It is based on running 5 - 6 times per week, including HRR Tuesday evening speed/endurance sessions and club runs on a Thursday. Key part of the schedule is to learn your Marathon Pace (MP) which is tested frequently. A weekly long run is important to build endurance and get the mind and body used to continuous working. This is also the place to train taking the drinks and gels you plan to use on the day; **never** try anything new on race day. Also recommended races are:

Stubbington Green 10K

Wokingham Half Marathon

Bramley 20

Cranleigh 21

Below is an indication of the Marathon Pace (MP) that needs to be maintained in order to achieve the target time. Also an indication of pace for other training runs.

Target time 3.00	Min/Mile	Min/Km	Target time 3.03	Min/Mile	Min/Km
Easy	07:44	04:48	Easy	07:51	04:52
Long Run (LRP)	07:31	04:34	Long Run (LRP)	07:39	04:38
Marathon Pace (MP)	06:52	04:16	Marathon Pace (MP)	06:59	04:20
Tempo	06:17	03:38	Tempo	06:23	03:41
Cruise Interval	06:03	03:25	Cruise Interval	06:09	03:28
VO2 Max	05:46	03:15	VO2 Max	05:52	03:18

Easy/Recovery: pace for between hard days; very comfortable to enable a conversation while running. Replacing this with aqua-jogging or cycling is okay.

Long Run: overall run at slower pace than MP. It is good to mix the pace on a long run and include some MP, threshold etc. as indicated in schedule.

Marathon Pace: pace that you can sustain for 26.2 miles – this becomes your steady pace

Tempo: pace for speed endurance sessions.

Cruise Interval/VO2max: pace for shorter intervals/repetitions

Notes:

- (1) Recovery and rest is part of the training
- (2) Dynamic warm up is advised for mobilisation
- (3) After warm down static stretching is advised to regain range of movement
- (4) Adding strength exercises is advisable (e.g. planks, squats, sit ups, press ups etc.)
- (5) If injured – Rest and get injury seen to
- (6) The schedule is for guidance so if days change or a session is missed it is okay.



Week 9: 19th January to 25th January

Day	Session	Distance	Pace	Notes and Comments
Sun	Race	10K	Race	Stubbington Green
Mon	Recovery Run/Bike	5M	Easy	Or Bike, Aqua Jogging
Tues	HRR Speed Session		Cruise Interval	1M or 2M Reps
Wed	Run	11M	Easy	Include 3M at MP
Thurs	HRR Club Run	7M	Mixed	Reverse Elvetham Heath/Ancells 3M at MP
Fri	Rest			
Sat	Run	16M	Easy	

Week 10: 26th January to 1st February

Day	Session	Distance	Pace	Notes and Comments
Sun	Cross Country	5M	Race	Southern League Manor Farm Country Park
Mon	Recovery Run/Bike	5M	Easy	Or Bike, Aqua Jogging
Tues	HRR Speed Session	6M	Cruise Interval	Peer Groups – Kenyan Bone Cruncher
Wed	Run	11M	Mixed	5M Easy, 4M LRP, 2M Easy
Thurs	HRR Club Run	8.7M	LRP	Winter Route with 3M MP
Fri	Rest			
Sat	Run – off road	9M	Mixed	Or Parkrun

Week 11: 2nd February to 8th February

Day	Session	Distance	Pace	Notes and Comments
Sun	Long Run	18M	LRP	4M Easy, 3M MP, 7M Easy, 4M MP
Mon	Recovery Run/Bike	5M	Easy	Or Bike, Aqua Jogging
Tues	HRR Speed Session		Cruise Interval	Hills: Seesaw
Wed	Run	12M	Mixed	10M Easy, 2M MP
Thurs	HRR Club Run	7M	Easy	Elvetham Heath/Ancells Farm
Fri	Rest			
Sat	Run	5M	Easy	

Week 12: 9th February to 15th February

Day	Session	Distance	Pace	Notes and Comments
Sun	Race	13.1M	Race	Wokingham Half Marathon
Mon	Rest			
Tues	HRR Speed Session	4M	Cruise Interval	Paarlauf (800m/1200m)
Wed	Run	10M	Easy	
Thurs	HRR Club Run	8.7M	Mixed	Winter Route with 3M-5M MP
Fri	Rest or Aqua jogging	5M	Easy	Or Bike, Aqua Jogging



Training Diary

Date	Distance	Time	Pace	Conditions	Comments
24/11	13	1.37	7.30	Cold	LRP run to Well via Crookham and Crondall
25/11					On the bike cross training
26/11	5.48	39.25	6.43	Cold	400/800 reps with moving recovery pace included recovery
27/11	3.4	23.11	7.06	Cool	Alexander Park Windsor – short but fast recovery run
28/11	8.75	1.00	6.58	Cool	Club winter route – good peer group run very pacy
29/11					Rest
30/11	3.1	22.11	7.06	Cool	Black Park run pacing Alexander to a PB ;-0) + 1.5M warm up

Date	Distance	Time	Pace	Conditions	Comments
1/12	15.5	1.55	7.26	Cool	LRP Ewshot Hill, Dora's Green good steady paced run - empty
2/12	4	UT		Cold	Untimed recovery run – easy pace
3/12	8.89	1.04	6.24	Cold	Warm up to Elvetham then 3x 1mile + 3 x ½ mile reps.
4/12	5.29	40.27	7.39	Cold	Recovery run seeking out Xmas lights. Foam roller class
4/12	6.72	46.13	6.52	Cold	Club run with peer group reverse Ancells/Elvetham ;-0)
6/12					Rest
7/12	8.92	1.10	7.54	Cool	Easy paced off road run with Doug

Date	Distance	Time	Pace	Conditions	Comments
8/12	4.56	29.33	6.29	Bright sunny	Farnham XC. Good conditions and run 34 th /5 th – tough downhill
9/12	5.01	38.22	7.42	Cold	Recovery run Church Crookham/Fleet
10/12	5.71	40.02	5.40	Very Cold	Paarlauf on Elvetham Heath 7x800m with Stephen. Very quick
11/12	5.13	39.45	7.45	Cold	Recovery run – easy pace
12/12	7.67	58.55	7.41	Damp/Cool	Daytime run on Thursday. Easy paced run – felt tired
13/12					Rest
14/12	6.4	48.07	7.31	Bright	Easy run around Fleet Pond (after late night)

Date	Distance	Time	Pace	Conditions	Comments
15/12	15	1.55	7.40	Wet	Basingstoke canal to Frimley lodge and back
16/12	5.47	40.56	7.29	Cool bright	Recovery run Church Crookham/Fleet
17/12	8.57	64.24	6.25	Wet	600m varying # loops with 75m sprint (scorpion)
18/12	5.43	40.46	7.38	Dull cool	Recovery Elvetham Heathrun – easy pace
19/12	7.09	49.43	6.14	Wet	Kenyan Bone Cruncher with coached team
20/12					Rest
21/12	9.14	1.12	7.53	Wet	Easy paced off road run with Doug

Comments on past 4 weeks

2 x 15 mile runs in the bank. Speed sessions have gone well and on 10/12 paarlauf was quickest pace for a long session at 5.40. Sports massage on 11/12 had very tight calf and left glute. Need to ease the speed sessions a bit. A great foam roller session on 4/12 learning much more about this. Week 4 quite tough with 2 speed sessions and a 15 mile off road run. Sports massage on 20th helped. 4 weeks initial build up now over – VLM 16 weeks away training is well underway ;-0)