



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.

We wish you all the best with your training and look forward to seeing you on race day.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 June	Rest	4 x 400	Cross Training	4 miles (RP)	Rest	4 miles easy	6 miles
14 June	Rest	35 min hard	Cross Training	4 miles (RP)	Rest	4 miles easy	7 miles
21 June	Rest	5 x 400	Cross Training	5 miles (RP)	Rest	Parkrun	8 miles
28 June (recovery)	Rest	35 min hard	Cross Training	4 miles (RP)	Rest	3 miles easy	6 miles
5 July	Rest	6 x 400	Cross Training	5 miles (RP)	Rest	4 miles easy	9 miles
12 July	Rest	45 min hills	Cross Training	5 miles (RP)	Rest	5 miles easy	9 miles or Chester 10K
19 July	Rest	6 x 400	Cross Training	5 miles (RP)	Rest	5 miles easy	10 miles
26 July	Rest	30 min hills	Cross Training	5 miles (RP)	Rest	Parkrun	11 miles
2 August (Recovery)	Rest	6 x 400	Cross Training	4 miles (RP)	Rest	4 miles easy	8 miles
9 August	Rest	45 min hills	Cross Training	6 miles (RP)	Rest	6 miles easy	12 miles
16 August	Rest	7 x 400	Cross Training	6 miles (RP)	Rest	6 miles easy	13 miles
23 August	Rest	45 min hard	Cross Training	6 miles (RP)	Rest	6 miles easy	14 miles
30 August	Rest	8 x 400	Cross Training	7 miles (RP)	Rest	Parkrun	15 miles
6 September (recovery)	Rest	30 mins hills	Cross Training	5 miles (RP)	Rest	4 miles easy	12 miles

13 September	Rest	8 x 400	Cross Training	7 miles (RP)	Rest	6 miles easy	15 miles or Chester Half Marathon
20 September (taper)	Rest	6 x 400	Cross Training	5 miles (RP)	Rest	5 miles easy	10 miles
27 September (taper)	Rest	2 x 400	Cross Training	2 miles easy	Rest	1 mile jog or rest	26.2K Race Day ☺ Good times!