

# Marathon

**27/09/2015**

Race date

**3:43:32**

Predicted time

**23 weeks**

Plan runtime

**93 runs**

Total runs

**915.2km**

Total distance

**Average**

Intensity

## Phases

### Pre-Conditioning

The Pre-Conditioning Phase is an important one to get your body ready to train for the Marathon distance. There is lots of jogging in this phase so enjoy this pace and don't be tempted to speed up, you will have plenty time later to train harder.

### Getting Faster

The Getting Faster Phase uses a variety of speed focused training sessions to boost your running pace. These are first around 10km long and build in length as the weeks go by. They will gradually allow you to build speed for long distances.

### Going Further

During this phase you will continue the high pace training done in the last phase but you'll extend the distance that pace must be maintained for. This phase will help to build your leg strength and stamina.

### Race simulation

This phase has practical training for the race. You should try to complete the fast paced sessions wearing the gear you intend to use on race day. At this stage start thinking about how you want to run your race. Prepare mentally.

### Tapering & Race Day

The Tapering & Race Day Phase is all about bringing your body into peak condition. Both the mileage and intensity of training is reduced to allow your body to recover and overcompensate. Race pace training is added to keep your body accustomed to the pace required on race day.

### Recovery

Having reached your goal, take the next 3 weeks easy to let yourself recover. Take plenty of rest in week 1 and then try Jogging and Comfortable runs to ease back into running. Judge how fit you feel with the faster paced runs at the end of this phase. Then you're ready for the next challenge!

## Training Sessions

### Build-up

Start to run at the first guideline pace. When you are comfortable pace increase your pace and maintain it. Then increase your pace a second time and maintain it. Stay in control of your pace, don't push too hard and end up finishing slow.

### Comfortable

This session has a guideline pace, but if you feel it is too fast just reduce the speed. Comfortable running lets you train without putting too much strain on your body. If you are out of breath, go slower.

### Event

Run your race at a consistent pace from start to finish. Drink enough water, you should not feel thirsty. Eat some high-energy food (e.g. gel or bar) to keep your energy up. If it's warm make sure to have some salt in your food or drink.

### Fast

This is a fast paced run. If you can't maintain the guideline pace then reduce it but do make sure to run above your comfort level. You should be breathing a little quicker and deeper than usual.

### Fast & Comfortable

This session combines a fast run and comfortable run. Run the fast segment at the guideline pace and then complete the training session at the comfortable pace. This training will build endurance and stamina.

### Jog

Run at a jogging pace. You can reduce it if it feels too fast. This session will gently exercise the muscles used for running. Try to judge how fit you feel during this session. If you have a faster run coming up, then run the last kilometer a little quicker.

### Pace

Aim to run this session at the guideline pace. If you feel the pace is too high, then reduce it. Maintaining the pace throughout the session is more important than the rate itself.

### Race-pace

Run this session at a controlled pace. Don't run too fast or push your body too far. Control your effort and you will find it easier to produce this level of effort on race day.

### Rest

Rest is as much a part of your training as running. It allows your body to recuperate and become stronger for your next run. Rest increases the training effect of active training sessions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Conditioning				01	02	03
04	05 <input type="radio"/> 4.8km Jog 6:36 min/km 31:41	06 <input type="radio"/> 8.9km Jog 6:36 min/km 58:44	07	08 <input type="radio"/> 4.8km Jog 6:36 min/km 31:41	09	10 <input type="radio"/> 8.9km Comfortable 6:03-5:29 53:51 to 48:48
11	12 Getting Faster <input type="radio"/> 4.8km Jog 6:36 min/km 31:41	13 <input type="radio"/> 8.9km Build-up 5:29-4:55 48:48 to 43:46	14	15 <input type="radio"/> 8.9km Build-up 5:29-4:55 48:48 to 43:46	16	17 <input type="radio"/> 13.7km Comfortable 6:03-5:29 1:22:53 to 1:15:07
18	19 <input type="radio"/> 4.8km Jog 6:35 min/km 31:36	20 <input type="radio"/> 8.9km Build-up 5:29-4:54 48:48 to 43:37	21	22 <input type="radio"/> 8.9km Build-up 5:29-4:54 48:48 to 43:37	23	24 <input type="radio"/> 13.7km Comfortable 6:02-5:29 1:22:39 to 1:15:07
25	26 <input type="radio"/> 4.8km Jog 6:35 min/km 31:36	27 <input type="radio"/> 8.9km Fast 5:11-4:54 46:08 to 43:37	28	29 <input type="radio"/> 8.9km Fast 5:11-4:54 46:08 to 43:37	30	31 <input type="radio"/> 17.7km Comfortable 6:02-5:28 1:46:47 to 1:36:46

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02 <input type="radio"/> 4.8km Jog 6:34 min/km 31:31	03 <input type="radio"/> 8.9km Fast 5:10–4:53 45:59 to 43:28	04	05	06 <input type="radio"/> 4.8km Jog 6:34 min/km 31:31	07 <input type="radio"/> 8.9km Fast 5:10–4:53 45:59 to 43:28
08	09 <input type="radio"/> 4.8km Jog 6:33 min/km 31:26	10 <input type="radio"/> 8.9km Fast 5:09–4:53 45:50 to 43:28	11	12 <input type="radio"/> 8.9km Fast 5:09–4:53 45:50 to 43:28	13	14 <input type="radio"/> 17.7km Comfortable 6:00–5:27 1:46:12 to 1:36:28
15	16 <input type="radio"/> 4.8km Jog 6:32 min/km 31:22	17 <input type="radio"/> 8.9km Fast 5:08–4:52 45:41 to 43:19	18	19 <input type="radio"/> 8.9km Fast 5:08–4:52 45:41 to 43:19	20	21 <input type="radio"/> 17.7km Comfortable 5:59–5:26 1:45:54 to 1:36:10
22	23 <input type="radio"/> 4.8km Jog 6:31 min/km 31:17	24 <input type="radio"/> 8.9km Fast 5:07–4:51 45:32 to 43:10	25	26 <input type="radio"/> 8.9km Fast 5:07–4:51 45:32 to 43:10	27	28 <input type="radio"/> 17.7km Comfortable 5:58–5:25 1:45:37 to 1:35:53
29	30 <input type="radio"/> 4.8km Jog 6:30 min/km 31:12					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>01</b> <input type="radio"/> <b>8.9km</b> <b>Comfortable</b> 5:57–5:24 52:57 to 48:04	<b>02</b>	<b>03</b>	<b>04</b> <input type="radio"/> <b>4.8km</b> <b>Jog</b> 6:30 min/km 31:12	<b>05</b> <input type="radio"/> <b>13.7km</b> <b>Comfortable</b> 5:57–5:24 1:21:31 to 1:13:59
<b>06</b>	<b>07</b>	<b>08 Going Further</b> <input type="radio"/> <b>4.8km</b> <b>Jog</b> 6:29 min/km 31:07	<b>09</b> <input type="radio"/> <b>13.7km</b> <b>Fast</b> 5:14–5:06 1:11:42 to 1:09:52	<b>10</b>	<b>11</b> <input type="radio"/> <b>4.8km</b> <b>Jog</b> 6:29 min/km 31:07	<b>12</b> <input type="radio"/> <b>8.9km / 13.7km</b> <b>Fast &amp; Comfortable</b> 5:06–4:49 5:56–5:22 45:23 to 42:52 then 1:21:17 to 1:13:31
<b>13</b>	<b>14</b>	<b>15</b> <input type="radio"/> <b>4.8km</b> <b>Jog</b> 6:28 min/km 31:02	<b>16</b> <input type="radio"/> <b>13.7km</b> <b>Fast</b> 5:13–5:05 1:11:28 to 1:09:39	<b>17</b>	<b>18</b> <input type="radio"/> <b>4.8km</b> <b>Jog</b> 6:28 min/km 31:02	<b>19</b> <input type="radio"/> <b>8.9km / 13.7km</b> <b>Fast &amp; Comfortable</b> 5:05–4:48 5:55–5:21 45:15 to 42:43 then 1:21:04 to 1:13:18
<b>20</b>	<b>21</b>	<b>22</b> <input type="radio"/> <b>4.8km</b> <b>Jog</b> 6:27 min/km 30:58	<b>23</b> <input type="radio"/> <b>13.7km</b> <b>Fast</b> 5:12–5:04 1:11:14 to 1:09:25	<b>24</b>	<b>25</b> <input type="radio"/> <b>4.8km</b> <b>Jog</b> 6:27 min/km 30:58	<b>26</b> <input type="radio"/> <b>13.7km</b> <b>Comfortable</b> 5:53–5:20 1:20:36 to 1:13:04
<b>27</b>	<b>28</b>	<b>29</b> <input type="radio"/> <b>4.8km</b> <b>Jog</b> 6:26 min/km 30:53	<b>30</b> <input type="radio"/> <b>13.7km</b> <b>Fast</b> 5:11–5:03 1:11:01 to 1:09:11	<b>31</b>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>01</b> <input type="radio"/> <b>4.8km Jog</b> 6:26 min/km 30:53	<b>02</b> <input type="radio"/> <b>8.9km / 18.5km Fast &amp; Comfortable</b> 5:03–4:47 5:52–5:19 <i>44:57 to 42:34 then 1:48:32 to 1:38:22</i>
<b>03</b>	<b>04</b>	<b>05</b> <input type="radio"/> <b>4.8km Jog</b> 6:25 min/km 30:48	<b>06</b> <input type="radio"/> <b>13.7km Fast</b> 5:10–5:02 <i>1:10:47 to 1:08:57</i>	<b>07</b>	<b>08</b> <input type="radio"/> <b>4.8km Jog</b> 6:25 min/km 30:48	<b>09</b> <input type="radio"/> <b>8.9km / 18.5km Fast &amp; Comfortable</b> 5:02–4:46 5:51–5:18 <i>44:48 to 42:25 then 1:48:14 to 1:38:03</i>
<b>10</b>	<b>11</b>	<b>12</b> <input type="radio"/> <b>4.8km Jog</b> 6:24 min/km 30:43	<b>13</b> <input type="radio"/> <b>8.9km Comfortable</b> 5:51–5:17 <i>52:04 to 47:01</i>	<b>14</b>	<b>15</b> <input type="radio"/> <b>4.8km Jog</b> 6:24 min/km 30:43	<b>16</b> <input type="radio"/> <b>13.7km Comfortable</b> 5:51–5:17 <i>1:20:09 to 1:12:23</i>
<b>17</b>	<b>18</b>	<b>19 Race simulation</b> <input type="radio"/> <b>4.8km Jog</b> 6:23 min/km 30:38	<b>20</b> <input type="radio"/> <b>13.7km Fast</b> 5:08–5:00 <i>1:10:20 to 1:08:30</i>	<b>21</b>	<b>22</b> <input type="radio"/> <b>4.8km Jog</b> 6:23 min/km 30:38	<b>23</b> <input type="radio"/> <b>29.8km Pace</b> 5:22 min/km 2:39:56
<b>24</b>	<b>25</b>	<b>26</b> <input type="radio"/> <b>4.8km Jog</b> 6:22 min/km 30:34	<b>27</b> <input type="radio"/> <b>13.7km Fast</b> 5:08–5:00 <i>1:10:20 to 1:08:30</i>	<b>28</b>	<b>29</b> <input type="radio"/> <b>4.8km Jog</b> 6:22 min/km 30:34	<b>30</b> <input type="radio"/> <b>13.7km Comfortable</b> 5:49–5:16 <i>1:19:41 to 1:12:09</i>
<b>31</b>						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	01	02 ○ 4.8km Jog 6:22 min/km 30:34	03 ○ 8.9km Fast 5:07-4:59 45:32 to 44:21	04	05 ○ 4.8km Jog 6:22 min/km 30:34	06 ○ 35.4km Pace 5:22 min/km 3:09:59
07	08	09 Tapering & Race Day ○ 4.8km Jog 6:21 min/km 30:29	10 ○ 8.9km Race-pace 5:15 min/km 46:44	11	12 ○ 4.8km Jog 6:21 min/km 30:29	13 ○ 17.7km Race-pace 5:15 min/km 1:32:56
14	15	16 ○ 4.8km Jog 6:21 min/km 30:29	17 ○ 8.9km Race-pace 5:15 min/km 46:44	18	19 ○ 4.8km Jog 6:21 min/km 30:29	20 ○ 13.7km Race-pace 5:15 min/km 1:11:56
21	22 ○ 4.8km Jog 6:21 min/km 30:29	23 ○ 8.9km Race-pace 5:15 min/km 46:44	24	25 ○ 4.8km Jog 6:21 min/km 30:29	26	27 ○ 42.2km Event 5:15 min/km 3:41:33
28	29	30				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			01	02	03	<b>04 Recovery</b> ○ 4.8km <b>Jog</b> 6:21 min/km 30:29
05	<b>06</b> ○ 4.8km <b>Jog</b> 6:21 min/km 30:29	<b>07</b> ○ 8.9km <b>Comfortable</b> 5:48–5:15 51:37 to 46:44	08	09	<b>10</b> ○ 4.8km <b>Jog</b> 6:21 min/km 30:29	<b>11</b> ○ 8.9km <b>Comfortable</b> 5:48–5:15 51:37 to 46:44
12	<b>13</b> ○ 4.8km <b>Jog</b> 6:21 min/km 30:29	<b>14</b> ○ 8.9km <b>Build-up</b> 5:15–4:43 46:44 to 41:59	15	16	<b>17</b> ○ 4.8km <b>Jog</b> 6:21 min/km 30:29	<b>18</b> ○ 8.9km <b>Build-up</b> 5:15–4:43 46:44 to 41:59
19	20	21	22	23	24	25
26	27	28	29	30	31	