

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	✓	FELT?
1	Rest/strength & conditioning/core	Easy pace run 20 mins continuous	Strength and conditioning + 20 mins aerobic cross training	Threshold run 30 mins to include 2 x 5 mins @ threshold/ 2min jog/walk recovery	REST	30 mins easy aerobic cross training or REST	Long run 45 min total (2x(20 mins easy / 5 mins walk))	<input type="checkbox"/>	☺ ☹ ☹
2	Rest/ strength & conditioning/core	Easy pace run, 25 mins continuous	Strength and conditioning + 20 mins aerobic cross training	Threshold run 30 mins to include 3 x 4 mins @ threshold/ 2min jog/walk recovery	REST	30 mins easy aerobic cross training or REST	Long run 60 mins total. 2 x (25 min easy/5 min walk)	<input type="checkbox"/>	☺ ☹ ☹
3	Rest/ strength & conditioning/core	Threshold run, 40mins total. 3x(5mins threshold/2min jog)	Strength and conditioning + 30 mins aerobic cross training	Continuous hills, 40 mins total. 3 x (4 mins effort/2 mins jog)	REST	30 mins easy aerobic cross training or REST	Long run 75 mins total 3 x (5 mins walk/ 20 mins easy run)	<input type="checkbox"/>	☺ ☹ ☹
4	Rest/ strength & conditioning/core	Threshold run, 45mins total. 4x(5mins threshold/2min jog)	Strength and conditioning + 30 mins aerobic cross training	Continuous hills, 45 mins total. 3 x (5 mins effort/2 mins jog)	REST	30 mins easy aerobic cross training or REST	Long run 90 mins total walk for 5 minutes every 20 mins if necessary	<input type="checkbox"/>	☺ ☹ ☹
5	Rest/ strength & conditioning/core	Threshold run, 45mins total. 5x(5mins threshold/2min jog)	Strength and conditioning + 30 mins aerobic cross training	Continuous hills, 50 mins total. 3 x (6 mins effort/2 mins jog)	REST	30 mins easy aerobic cross training or REST	Long run 1hr 45 mins total walk for 5 minutes every 30 mins if necessary	<input type="checkbox"/>	☺ ☹ ☹

6	Rest/ strength & conditioning/core	Threshold run, 45mins including 2x(10mins threshold/3 min jog rec)	Strength and conditioning + 30 mins aerobic cross training	Continuous hills, 50 mins total. 4 x (5 mins effort/2 mins jog)	REST	40 mins easy run	Long run 2hrs easy pace total. Walk for 5 minutes every 30 mins if necessary	<input type="checkbox"/>	😊 😐 😞
7	Rest	Easy run 30 mins total	Strength and conditioning + 20 mins aerobic cross training or rest	40 mins easy run	REST	30 mins easy aerobic cross training or 30 mins easy run	Easy run 60mins total. Walk 5mins half way if necessary	<input type="checkbox"/>	😊 😐 😞
8	Rest/ strength & conditioning/core	Threshold run, 50mins including 3x(8mins threshold/2 min jog rec)	Body conditioning + 30 mins aerobic cross training	Continuous hills, 50 mins total. 4 x (6 mins effort/2 mins jog)	REST	30 mins easy aerobic cross training or 30 mins easy run	Long run 2hrs 15mins easy pace total. Walk for 5 minutes every 30 mins if necessary	<input type="checkbox"/>	😊 😐 😞
9	Rest/ strength & conditioning/core	Progression run of: 15 mins easy, 15 mins steady, 15 mins @ threshold	Strength and conditioning + 30 mins aerobic cross training	Marathon pace practice: 60 mins, last 40 @ target MP	REST	30 mins easy aerobic cross training or 30 mins easy run	Long run 2hrs 30mins easy pace total. Walk for 5 minutes every 30 mins if necessary	<input type="checkbox"/>	😊 😐 😞
10	Rest/ strength & conditioning/core	Threshold run, 45mins including 4x(5mins threshold/2 min jog rec)	Strength and conditioning + 30 mins aerobic cross training	Easy pace 30 minute run	REST	Easy run, 15mibs easy + stretch	Ideal day for a HALF MARATHON OR 2 hour 15 run with the last 45-60 minutes @ marathon pace	<input type="checkbox"/>	😊 😐 😞

11	Rest/ strength & conditioning/core	Easy run, 30 mins	Strength and conditioning + 30 mins aerobic cross training	Easy run, 45 mins	REST	30 mins easy aerobic cross training or 30 mins easy run	Long easy run, 75 mins	<input type="checkbox"/>	😊 😐 😞
12	Rest/ strength & conditioning/core	Threshold run, 60mins including 3x(10mins threshold/2 min jog rec)	Strength and conditioning + 30 mins aerobic cross training	Fartlek session of 6mins, 5mins, 4mins, 3mins, 2mins, 1min (90 secs recovery). Pace begins at threshold and increases as the rep length decreases	REST	30 mins easy aerobic cross training or 30 mins easy run	Long run 2hrs 45mins easy pace total last 60 mins at MP. Walk for 5 minutes every 30 mins if necessary	<input type="checkbox"/>	😊 😐 😞
13	Rest/ strength & conditioning/core	Recovery run, 30mins total	Strength and conditioning + 30 mins aerobic cross training	Threshold session, 60mins including 3x(10mins threshold/2min jog)	REST	30 mins easy aerobic cross training or 30 mins easy run	Long run 3hrs easy pace total last 60 mins at MP. Walk for 5 minutes every 30 mins if necessary	<input type="checkbox"/>	😊 😐 😞
14	Rest/ strength & conditioning/core	Threshold run, 45mins including 4x(5mins threshold/2 min jog rec)	Body conditioning + 30 mins aerobic cross training	Marathon pace practice, 75 mins with the last 45mins @marathon pace	REST	30 mins easy aerobic cross training or 30 mins easy run	Long run: 90 to 120mins easy pace. Walk 5 mins every 30 mins if necessary	<input type="checkbox"/>	😊 😐 😞
15	Rest/ strength & conditioning/core	Easy run 45 mins	Strength and conditioning + 30 mins aerobic cross training	75min run middle 45mins as alternating 3mins threshold/3mins steady	REST	30 mins easy aerobic cross training or 30 mins easy run	Easy run, 60-75mins total	<input type="checkbox"/>	😊 😐 😞
16	Rest	Easy run, 30 mins total including 3 x (5mins @ marathon pace / 2mins jog recovery)	Rest	East run, 25-30 mins	REST	Easy run, 10-15 mins easy jog + stretch	BRIGHTON MARATHON Good Luck!!	<input type="checkbox"/>	😊 😐 😞

- **Note please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions**
- **If your are feeling ok you may wish to consider a 20-30 minute recovery run in the morning before any of the quality sessions above**
- **Always substitute cross training for running if you are injured, very sore or it is not safe to run.**
- **Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time.**
- **Try to stretch every day for at least 10 mins.**
- **Always eat within 20-30 mins of finishing a run**
- **Always train at your target pace, don't compromise or run too hard. Tiredness always catches up; take extra rest if required...**