

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	✓	?
1	Recovery run, 30 mins + Strength & conditioning -	AM: easy run 30 mins PM: Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold	AM: Easy run 45 mins or 45 mins aerobic cross training	Easy run, 60 mins	REST	Continuous hills 4 x (6mins effort/90s jog)	AM: Long run, 80 mins total	<input type="checkbox"/>	☺ ☹ ☹
2	Recovery run, 30 mins + Strength & conditioning -	AM: easy run 30 mins PM: Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold	AM: Easy run 45 mins or 45 mins aerobic cross training	Easy run, 60 mins	REST	Continuous hills, 4 x (6 mins effort/90s jog)	AM: Long run, 80 mins total	<input type="checkbox"/>	☺ ☹ ☹
3	Recovery run, 30 mins + Strength & conditioning -	AM: Easy run 30 mins PM: Threshold run, 5 x (6mins threshold/1min jog)	AM: Easy run 45 mins total or 45 mins aerobic cross training	AM: Recovery run 30 mins or aerobic cross training PM: Progression run, 45 mins total. 15 mins easy, 15 mins steady, 15 mins threshold	REST	Continuous hills, 45 mins total. 5 x (5mins effort/90s jog)	AM: Long run, 90 mins total	<input type="checkbox"/>	☺ ☹ ☹
4	Recovery run, 30-mins + Strength & conditioning	AM: Easy run 30 mins PM: Threshold run, 45 mins total. 3x(10mins threshold/90s jog)	AM: Easy run 45 mins total or 45 mins aerobic cross training	Progression run, 45 mins total. 15 mins easy, 15 mins steady, 15 mins threshold	REST	Continuous hills, 45 mins total. 3x(10mins effort/90s jog)	AM: Long run, 75-90 mins total	<input type="checkbox"/>	☺ ☹ ☹

5	Recovery run, 30 - 45 mins + Strength & conditioning	AM: Easy 30 min run PM: Threshold run, 60 mins total including 3 x 12 mins @ threshold with a 2 min jog rec.	AM: Easy run 45 mins + core	AM: Recovery run 30 mins or aerobic cross training PM: Progression run, 60 mins total. 20 mins easy, 20 mins steady, 20 mins threshold	REST	Continuous hills, 45 mins total. 3 x (10 mins effort/90s jog)	AM: Long run 105 mins total. All relaxed and conversational	<input type="checkbox"/>	😊 😐 😞
6	Recovery run, 30-45 mins + Strength & conditioning	AM: Easy 30 min run PM: Threshold run with 45-60 mins running containing 25 mins @ threshold effort built in	AM: Easy run 45 - 60 mins or 45 - 60 mins aerobic cross training + core	AM: Recovery run 30 mins or aerobic cross training PM: Mixed pace session - 12 mins @ MP + 6 x 2 mins @ 10k effort + 12 mins @ MP. All with a 2 min jog rec. (MP = marathon target pace)	REST	Continuous hill session to contain 6 x 6 mins with a 75-90 sec jog recovery	AM: Long run of 2 hours. If you feel good run the last 20-30 @ target MP. Make the first 90 1 min per mile slower than MP!	<input type="checkbox"/>	😊 😐 😞
7	Rest or 30 min rec run/X train + core -	AM: Easy 30 min run PM: 45 mins to include 5 x 5 mins @ threshold off 1 min jog rec	AM: 45 mins easy	AM: Recovery run 30 mins or aerobic cross training. PM: Progression run – 30 mins as 10 easy, 10 steady, 10 threshold	REST	AM: 30 min rec run	AM: Half marathon race + 30 min easy jog afterwards OR 2 hours with the last 60 @ target MP	<input type="checkbox"/>	😊 😐 😞
8	Recovery run, 30-45 mins + Strength & conditioning	AM: Easy 30 min run PM: 30-45 min recovery run + conditioning work	AM: 60 mins easy-steady running. Your legs should be feeling better by now!	AM: Recovery run 30 mins or aerobic cross training. AM: Mixed pace session - 15 mins MP + 5 x 3 mins @ 10k effort + 15 mins @ MP. All with a 2 min jog rec	REST	Continuous hills session with 60 mins to include 3 x 12 mins of continuous hills with 2 min recovery	AM: Long run - 2 hours 15-30 mins all easy	<input type="checkbox"/>	😊 😐 😞

9	Recovery run, 30-45 mins total + conditioning	AM: Easy run 30 mins PM: Mixed pace session 8 x 800m (or 3 mins) with odd numbers @ threshold effort and even numbers at 5k intensity. All with 90 sec jog rec	AM: 60 mins easy pace + core	AM: 30 mins easy PM: 80 mins with the final 45 mins to include 4 x 6 mins @ threshold with 2-3 mins easy recovery.	REST	Continuous hills with 60 mins to include 30 mins of continuous hills and no recoveries.	AM: Long run - 2 hours 30 mins with last 30 @ MP if you feel good. -	<input type="checkbox"/>	😊 😐 😞
10	Recovery run, 30-45 mins total + conditioning	AM: Easy run 30 mins PM: Mixed pace session 6 x 800m (or 3 mins) @ at 5k effort. All with 75-90 sec jog rec	AM: 60 mins easy pace + core	AM: 30 mins easy PM: 25km Progression run as 5km easy, 5km MP, 5km easy, 5km MP, 3km threshold, 2km easy	REST	6 x 6 mins @ threshold off 90 second jog recovery	AM: 1hr 45 minutes all easy	<input type="checkbox"/>	😊 😐 😞
11	Rest or Recovery run, 30 mins	AM: Easy run 30 mins PM: 6 mins threshold + 2 x (6 x 400m or 75 secs) @ 5k pace. Take 2-3 mins between threshold and 400's then just 1 min jog rec between each 400. -	AM: 45 mins easy pace + core	30 minute progression run with 10 easy, 10 steady and 10 @ threshold building in effort	REST	AM: 30 min recovery run + stretching	AM: Half marathon fast @ PB effort or + 45 mins easy after. If not racing then 2 hours 30 mins with the last 60 mins @ MP	<input type="checkbox"/>	😊 😐 😞
	Recovery run, 30-45 mins total + conditioning	AM: easy run 40 mins PM: 45 mins running to include 4 x 6 mins threshold to turn the legs over again. Take a 2 min jog rec between each effort	AM: 60 mins steady	AM: 30 mins easy recovery run PM: 90 minutes with the final 45 mins to include 3 x 10 mins @ threshold effort – 2-3 min recovery	REST	45 mins relaxed running	AM: Key long run – 35km progression run (10km easy, 10km MP, 5km easy, 5km threshold, 2km hard, 3km easy	<input type="checkbox"/>	😊 😐 😞

13	Recovery run, 30-45 mins total + conditioning	AM: Easy run 40 mins PM: 3 x (5 mins @ threshold + 4 x 400m or 90 secs @ 5km pace from 60s rec) + 15-20 mins @ MP when finished	AM: 60 mins steady	AM: 30 mins easy recovery run PM: 90 minutes with the final 30 mins @ threshold effort	REST	45 mins relaxed running	AM: 2 hours 45 mins with the last 45-60 mins @ MP	<input type="checkbox"/>	☺ ☹ ☹
14	Recovery run, 30 mins very relaxed + extra stretching	AM: Easy 30 min rec. run PM: 5 x 400m (or 90 secs) @ 5km effort (60s rec) + 2km @ threshold + 5 x 400m (or 90s) @ 5km effort (45s rec) – 2 min rec .between sets	AM: 60 mins steady	AM: 30 mins easy recovery run PM: 45 mins to include 4 x 6 mins @ threshold off 90 secs jog rec.	REST	Interval session with 6 mins @ threshold (2-3 min rec) + 5 x 3 mins @ 5k pace off 90 sec jog -	AM: Long run - 2 hours with the final 30 minutes @ MP	<input type="checkbox"/>	☺ ☹ ☹
15	Recovery run, 30 mins + conditioning	AM: Easy 30 min rec run PM: 6 mins threshold + 3 x (4 x 400m or 90 secs) @ 5k pace. Take 2-3 mins between threshold and 400's then just 1 min jog rec between each 400.	AM: 45 easy run + core	30 min progression run with 10 easy, 10 steady and 10 @ threshold	REST	AM: 5k parkrun to sharpen up + 30 easy after.	AM: 60 mins very easy	<input type="checkbox"/>	☺ ☹ ☹
16	Recovery run – 30 minutes or rest.	30 mins to include 3 x 5 mins @ MP with a 2-3 min jog rec	AM: 30 min recovery run	PM: 30 min rec run	REST	15 - 20 min light jog + stretch	BRIGHTON MARATHON RACE DAY – GOOD LUCK!		

- **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...**