

Half / Full Marathon Training

10 / 16 week programme

	Tuesday / Thursday	Miles 13.1 beginner	Miles 13.1 inter.	Miles 26.2
Week 1	Warm up, 10 to 20 mins 6 x 90 second sprints, 1 min recovery Cool down	6	9	9
Week 2	Warm up, 10 to 20 mins 8 x 30 second hill sprints Cool down	8	11	11
Week 3	Warm up, 10 to 20 mins Fartlek - whistle as and when...! Cool down	8	12	13
Week 4	Warm up, 10 to 20 mins 2 x 1/2/3/2/1 min intervals, 1 min recovery 2 min recovery between sets.	9	12 3 @ race pace	15 slow 5m in middle @ race pace
Week 5	Warm up, 10 to 20 mins 9 x 90 second sprints, 1 min recovery Cool down	10	13	17
Week 6	Warm up, 10 to 20 mins 10 x 30 second hill sprints Cool down	10	14	18 3m in middle @ race pace
Week 7	Warm up, 10 to 20 mins Fartlek - whistle as and when...! Cool down	13	14	18
Week 8	Warm up, 10 to 20 mins 7 x 3 mins fast, 2 mins slow Cool down	12	13	20
Week 9	Warm up, 10 to 20 mins 2 x 2/3/4 mins sprints, 2 min recovery Cool down	9	10 2 @ race pace	15 slow 5m in middle @ race pace
Week 10	Warm up Gentle 5-6 mile run	race day	race day	half mar
Extra Training for Full Marathon				
Week 11	Warm up, 10 to 20 mins 8 x 30 second hill sprints Cool down			20
Week 12	Warm up, 10 to 20 mins Fartlek - whistle as and when...! Cool down			17
Week 13	Warm up, 10 to 20 mins 5 x 3 mins fast, 2 mins slow Cool down			21-23 Slow
Week 14	Warm up, 10 to 20 mins 8 x 90 second sprints, 1 min recovery Cool down			15
Week 15	Warm up, 10 to 20 mins 1 x 2/3/4/3/2 min sprints, 2 min recovery Cool down			10-12
Week 16	Warm up. Gentle 5-6 mile run with cool down			race day

Your GL may adjust this slightly according to weather or the size of the group or speed (more sets)
Homework miles - should be a minute to a minute and a half slower than your race pace.