



How to use this programme

This is a 12-week programme for runners aiming to complete Marathon in 5 Hours. Run Leaders may like to facilitate the key sessions for their group on regular training nights (which should have at least one day in between) and prescribe the short runs to be carried out individually on two other days. The group may also meet for the long run or it could be done individually.

Key Pacing Information

Marathon Race Pace (MP): 11.30min per mile
 Slow/Easy run: 12.30min per mile (6 Rate Perceived Exertion [RPE])
 Hill / Interval Sessions – 8 RPE

Structure of Interval Session

RAMP Warm Up
 1 Mile Jog
 Session
 1 Mile Jog
 Static Stretching

Hill Session Info

Hill reps should last at least 45seconds but no more than 1min. Recover by jogging back down the hill.


Recovery Info

Recovery can be active e.g. Swimming, Flexibility, Pilates etc or can be complete rest – individual choice.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Recovery	30min Easy	Recovery	2 Mile @ MP	Recovery	2 Mile Easy	60min Walk/Run
Week 2	Recovery	30min Easy	Recovery	2 Mile @ MP	Recovery	3 Mile Easy	90minnWalk /Run
Week 3	Recovery	30min Easy	Recovery	3 Mile @ MP	Recovery	3 Mile Easy	10 Mile Easy (Every 2Mile walk for 2min)

Week 4	Recovery	35min Easy	Recovery	4 Mile @ MP	Recovery	3 Mile Easy	12 Mile Easy (Every 3mile walk for 2min)
Week 5	Recovery	40min Easy	Recovery	30min Hills	Recovery	4 Mile Easy	12 Mile Easy (Every 4mile walk for 2min)
Week 6	Recovery	40min Easy	Recovery	5 Mile @ MP	Recovery	4 Mile Easy	8 Mile Easy
Week 7	Recovery	45min Easy	Recovery	6 Mile @ MP	Recovery	4 Mile Easy	15 Mile Easy (Every 5mile walk for 2min)
Week 8	Recovery	45min Easy	Recovery	4 Mile Quicker MP	Recovery	5 Mile Easy	18 Mile Easy (Every 6 mile walk for 3min)
Week 9	Recovery	50min Easy	Recovery	7 Mile @ MP	Recovery	5 Mile Easy	10 Mile Easy
Week 10	Recovery	60min Easy	Recovery	8 Mile @ MP	Recovery	3 Mile Easy	20 Mile Easy (Every 5mile walk for 2min)
Week 11	Recovery	45min Easy	Recovery	4 Mile Quicker than MP	Recovery	4 Mile Easy	6 Mile Easy
Week 12	Recovery	30min Easy	Recovery	25min easy with 5x 30sec Interval	Recovery	15min Easy	RACE

Key:

Interval (8/9 RPE) 

Hills (8/9 RPE) 

Faster than Marathon Pace 

Marathon Pace Efforts 

Walk/Run 