

Spring Marathon

	Run 1-really easy	Run 2 - progression run Block 1, finish at MP Block 2, finish at HMP Block 3, finish at 10k pace Block 4 finish at 5k pace	Run 3 - progression run, with the target to finish the last few miles at MP	Run 4- start easy progressively get faster to last few miles at MP
Week 17	30 minutes	30 minutes	60 minutes	90 minutes
Week 16	30 minutes	45 minutes	60 minutes	100 minutes
Week 15	30 minutes	60 minutes	60 minutes	120 minutes
Recovery		30 minutes	30 minutes	100 minutes
Week 13	30 minutes	60 minutes	70 minutes	140 minutes
Week 12	30 minutes	60 minutes	80 minutes	150 minutes
Week 11	30 minutes	60 minutes	90 minutes	160 minutes
Recovery		30 minutes	30 minutes	110 minutes
Week 9	30 minutes	60 minutes	70 minutes	160 minutes
Week 8	30 minutes	60 minutes	80 minutes	170 minutes
Week 7	30 minutes	60 minutes	90 minutes	180 minutes
Recovery		30 minutes	30 minutes	120 minutes
Week 5	30 minutes	60 minutes	90 minutes	200 minutes
Week 4	30 minutes	60 minutes	80 minutes	180 minutes
Week 3	30 minutes	60 minutes	70 minutes	150 minutes
Week 2	30 minutes	45 minutes	60 minutes	90 minutes
Race week	30 minutes - strides	45 minutes - 3 miles at MP		Race day

If you have entered a Spring Marathon you will need to decide if this is your focus or if RTW is the main goal. If it's to run a good marathon, then this should be what you focus on. It's important to aim for quality and post marathon we can convert to quantity of miles.

The runs can be organised in any combination, but ideally a rest day before and after the long run will enable this to be a real focus, which it needs to be for a marathon. You will need to be used to running 4 days a week with a 90 minute long run by mid December (this obviously depends which Marathon you are doing - put in the dates counting back from the race day).

After recovering from the marathon you can add extra time on your feet to your training week, and then prepare for Run The Wall.