

IRONBRIDGE RUNNER MARATHON TRAINING With you every step of the way SCHEDULES:

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Introduction:

My approach to running has always been to keep it simple. Internationals and super elite runners very often have personal coaches and are able to dedicate their daily lives to running. Most others have to fit training and racing around family, work, education and social constraints. These programmes recognise these constraints and can be modified to suit each individual's needs and circumstances.

Key considerations in training plans:

Whatever one's natural ability may be, and irrespective of age, certain general principles apply.

1. Training should be focused on the reason for running, and racing, in the first place.
2. Training needs to be meaningful and related to each person's natural physical ability.
3. One can continually improve until optimum performance level is reached.
4. Never train when unwell (or injured) – no matter how slight the problem maybe. You will only make the problem worse and delay your return to normal training.
5. Never train in adverse weather conditions. You will only waste time and energy.
6. Quality of training is always more important than quantity. Don't do 'junk' miles.
7. It's essential to keep a simple training diary noting dates, weather conditions, what training is done & how did you feel during, and after, training.

Important elements in training:

1. Training should always include aerobic work, eg making the heart and lungs work hard thereby making the running engine more powerful and able to operate at a higher level of performance.
2. General strengthening & conditioning of the running body. Arms, legs and the upper body should function correctly and hence be 'conditioned' by exercise. General gym work is excellent for general body conditioning.

3. Good running technique should be constantly developed and applied. High knees, high leg back lift and good arm action are all essential for quality running.
4. Developing good foot speed, a good stride and regular cadence.
5. Varying levels of speed should be practiced so one can adjust the running pace to the distance run.
6. Developing general overall endurance capability is essential.

The four major components in training:

These are common to any runner irrespective of ability or gender.

1. **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
2. **The Hard Run** is run much harder on a hilly route or, much quicker on a gentle undulating route. The distance should be about half the Long Run distance. This run can be done on / off road. One should feel more tired after this run.
3. **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
4. **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.

In any given weekly period one should incorporate these 4 runs BUT novice runners, or those with 'time to train' constraints can miss out the Hard Run (or Quality Run), if they wish.

Marathon – 16 weeks programme:

There is no easy way to run a marathon – it's 26.2 miles!! Irrespective of age, gender & ability the over-riding consideration is commitment to training, time & effort. In order to undertake the 16 weeks programme you must be able to run a half marathon comfortably before starting the programme. Not to accept this premise means you will probably be very disappointed in both your training and the actual marathon. For those who just wish to get round, somehow, by walking & jogging then follow the beginners programme and walk / jog as you are able. The single most important consideration for everyone is building up miles in one's legs and completing the weekly long run. Do not train when unwell – it will only make you worse & more likely to fail in achieving your objective of completing a marathon.

Finishing times for RUNNERS ranges from just over 2 hours (for international athletes) to around 5 hours. WALK / JOGGERS will be over 5 hours and possibly 6 or 7 hours. Of course the times depend on age, gender & natural

ability. The training programmes cannot get you a specific time but can optimise what you can achieve - relative to your natural ability.

Beginners Marathon Training Shedule

Beginners: The first marathon. It is assumed you have completed the half marathon programme or have recently completed a half marathon in a satisfactory time.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	12 miles Long Run		6 miles Easy Run		3 miles Quality Run		3 miles Easy Run
2	13 miles Long Run		6 miles Easy Run		3 miles Quality Run		3 miles Easy Run
3	14 miles Long Run		7 miles Easy Run		3 miles Quality Run		4 miles Easy Run
4	15 miles Long run		7 miles Easy Run				4 miles Easy Run
5	16 miles Long Run		8 miles Easy Run		4 miles Quality Run		4 miles Easy Run
6	17 miles Long Run		8 miles Easy Run		4 miles Quality Run		4 miles Easy Run
7	18 miles Long Run		9 miles Easy Run		4 miles Quality Run		4 miles Easy Run
8	19 miles Long Run		9 miles Easy Run				4 miles Easy Run
9	20 miles Long Run		10 miles Easy Run		4 miles Quality Run		4 miles Easy Run
10	21 miles Long Run		10 miles Easy Run		5 miles Quality Run		5 miles Easy Run
11	21 miles Long Run		10 miles Easy run		5 miles Quality Run		5 miles Easy Run
12	22 miles Long run		11 miles Easy Run				5 miles Easy Run

13	22 miles Long Run	11 miles Easy Run	5 miles Quality Run	5 miles Easy Run
14	17 miles Long Run	9 miles Easy Run	5 miles Quality Run	5 miles Easy Run
15	14 miles Long run	7 miles Easy Run	4 miles Quality Run	4 miles Easy Run
16		4 miles Easy Run	3 miles Easy Run	Marathon!

Key:

- **The Long Run** is done at a steady pace after which one should be tired but not exhausted. Depending on the runner's experience, and objectives, the distance can be progressively increased until an optimum distance is reached. This run can be on / off road.
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- **The Quality Run** is concerned with real speed and can be done on level roads or paths. Alternatively it could incorporate a track session at a local athletic arena.
- **The Easy Run** is primarily a recovery run but still putting miles in the legs. Use it to concentrate on running style and technique.

IRONBRIDGE RUNNER Intermediate Marathon Training Schedule

With you every step of the way

You have already completed a marathon and now want to run quicker or alternatively you have run several half marathons previously. The programme is harder but the Long Runs remain the same.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	12 miles Long Run		3 miles Hard Run	3 miles Easy Run	6 miles Quality Run		3 miles Hard Run
2	13 miles Long Run		6 miles Hard Run		6 miles Quality Run		3 miles Easy Run
3	14 miles Long Run		7 miles Hard Run	4 miles Easy Run	4 miles Quality Run		4 miles Quality Run
4	15 miles Long Run		7 miles Hard Run		7 miles Quality Run		4 miles Easy Run
5	16 miles Long Run		4 miles Hard Run	4 miles Easy Run	8 miles Quality Run		4 miles Hard Run
6	17 miles Long Run		9 miles Hard Run		8 miles Quality Run		4 miles Easy Run
7	18 miles Long Run		9 miles Hard Run	4 miles Easy Run	5 miles Quality Run		5 miles Quality Run
8	19 miles Long Run		8 miles Hard Run		8 miles Quality Run		4 miles Easy Run
9	20 miles Long Run		5 miles Hard Run	4 miles Easy Run	9 miles Quality Run		5 miles Hard Run
10	21 miles Long Run		10 miles Hard Runs		10 miles Quality Run		5 miles Easy runs
11	21 miles Long Run		10 miles Hard Runs	5 miles Easy Run	6 miles Quality Run		6 miles Quality Run
12	22 miles Long Run		11 miles Hard Run		11 miles Quality Run		5 miles Easy Run
13	22 miles Long Run		6 miles Hard Run	5 miles Easy Run	11 miles Quality Run		6 miles Hard Run

14	17 miles Long Run	12 miles Hard Run	5 miles Easy Run	6 miles Quality Run	6 miles Quality Run
15	14 miles Long Run	4 miles Easy Run		7 miles Quality Run	
16		3 miles Quality Run		3 miles Easy Run	Marathon!

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IRONBRIDGE RUNNER Advanced Marathon Training Schedule

With you every step of the way

This programme assumes that you are an experienced distance runner who has raced regularly distances of 10 – 15 miles on and off road. It assumes that you have an understanding of hill & speed reps (see the Advanced 5km training programme). Don't forget a warm up / warm down jog of about 1.5 miles before and after the hills & speed reps.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	16 miles Long Run		8 x 200m hills	8 miles Easy Run	8 x 400m reps		4 miles Hard Run
2	16 miles Long Run		8 x 300m hills	8 miles Easy Run	8 x 500m reps		4 miles Hard Run
3	17 miles Long Run		4 miles Hard Run	8 miles Easy Run	8 miles Quality Run		4 miles Hard Run
4	15 miles Long Run		6 miles Hard Run		8 miles Quality Run		8 miles Easy Run
5	18 miles Long Run		8 x 400m hills	9 miles Easy Run	10 x 400m reps		5miles Hard Run
6	18 miles Long Run		8 x 500m hills		10 x 500m reps		9 miles Easy Run
7	19 miles Long Run		5 miles Hard Run	9 miles Easy Run	9 miles Quality Run		5 miles Hard Run
8	19 miles Long Run		6 miles Hard Run		9 miles Quality Run		9 miles Easy Run
9	20 miles Long Run		10 x 400m hills	10 miles Easy Run	12 x 400m reps		6 miles Hard Run
10	21 miles Long Run		10 x 500m hills	10 miles Easy Run	12 x 500m reps		6 miles Hard Run
11	22 miles Long Run		5 miles Hard Run	11 miles Easy Run	10 miles Quality Run		5 miles Hard Run
12	23 miles Long Run		8 miles Hard Run		10 miles Quality Run		12 miles Easy Run
13	23 miles Long Run		12 x 400m hills	12 miles Easy Run	10 x 600m reps		6 miles Hard Run

14	19 miles Long Run	12 x 500m hills	9 miles Easy Run	12 x 600m reps	6 miles Hard Run
15	15 miles Long Run		8 miles Quality Run		7 miles Easy Run
16		4 miles Quality Run		4 miles Easy Run	Marathon!

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