

# BRIGHTON MARATHON EXPERIENCED PLAN



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Recovery run, 30 mins + strength & conditioning	<b>AM:</b> easy run 30 mins <b>PM:</b> Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold	<b>AM:</b> Easy run 45 mins or 45 mins aerobic cross training	Easy run, 60 mins	<b>REST</b>	Continuous hills 4 x (6 mins effort/90s jog)	<b>AM:</b> Long run, 80 mins total
2	Recovery run, 30 mins + strength & conditioning	<b>AM:</b> easy run 30 mins <b>PM:</b> Progression run, 45 mins total 15 mins easy, 15 mins steady, 15 mins threshold	<b>AM:</b> Easy run 45 mins or 45 mins aerobic cross training	Easy run, 60 mins	<b>REST</b>	Continuous hills, 4 x (6 mins effort/90s jog)	<b>AM:</b> Long run, 80 mins total
3	Recovery run, 30 mins + strength & conditioning	<b>AM:</b> Easy run 30 mins <b>PM:</b> Threshold run, 5 x (6 mins threshold/1 min jog)	<b>AM:</b> Easy run 45 mins total or 45 mins aerobic cross training	<b>AM:</b> Recovery run 30 mins or aerobic cross training <b>PM:</b> Progression run, 45 mins total. 15 mins easy, 15 mins steady, 15 mins threshold	<b>REST</b>	Continuous hills, 45 mins total. 5 x (5mins effort/90s jog)	<b>AM:</b> Long run, 90 mins total
4	Recovery run, 30 mins + strength & conditioning	<b>AM:</b> Easy run 30 mins <b>PM:</b> Threshold run, 45 mins total. 3 x (10 mins threshold/90s jog)	<b>AM:</b> 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	<b>REST</b>	Continuous hills, 45 mins total. 3 x (10 mins effort/90s jog)	<b>AM:</b> Long run, 75-90 mins total

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5	Recovery run, 30-45 mins + strength & conditioning	<b>AM:</b> Easy 30 min run <b>PM:</b> Threshold run, 60 mins total including 3 x 12 mins @ threshold with a 2 min jog rec.	<b>AM:</b> Easy run 45 mins + core	<b>AM:</b> Recovery run 30 mins or aerobic cross training <b>PM:</b> 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)	<b>AM:</b> Long run 105 mins total. All relaxed and conversational
6	Recovery run, 30-45 mins + strength & conditioning	<b>AM:</b> Easy 30 min run <b>PM:</b> Threshold run with 45-60 mins running containing 25 mins @ threshold effort built in	<b>AM:</b> Easy run 45-60 mins or 45-60 mins aerobic cross training + core	<b>AM:</b> Recovery run 30 mins or aerobic cross training <b>PM:</b> 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	<b>AM:</b> Long run of 2 hours. If you feel good run the last 20-30 mins @ target MP. Make the first 90 mins 1 min per mile slower than Marathon pace
7	Rest or 30 min recovery run/X train + core	<b>AM:</b> Easy 30 min run <b>PM:</b> 45 mins to include 5 x 5 mins @ threshold off 1 min jog rec	<b>AM:</b> 45 mins easy	<b>AM:</b> Recovery run 30 mins or aerobic cross training <b>PM:</b> Progression run 30 mins as 10 easy, 10 steady, 10 thresholds	REST	<b>AM:</b> 30 min rec run	<b>AM:</b> Half marathon race + 30 min easy jog afterwards OR 2 hours with the last 60 mins at target Marathon pace

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8	Recovery run, 30-45 mins + conditioning	<p><b>AM:</b> Easy 30 min run</p> <p><b>PM:</b> 30-45 min recovery run + conditioning work</p>	<p><b>AM:</b> 60 mins easy-steady running. Your legs should be feeling better by now!</p>	<p><b>AM:</b> Recovery run 30 mins or aerobic cross training</p> <p><b>PM:</b> Mixed pace session - 15 mins MP + 5 x 3 mins @ 10k effort + 15 mins @ MP. All with a 2 min jog rec</p>	<b>REST</b>	Continuous hills session with 60 mins to include 3 x 12 mins of continuous hills with 2 min recovery	<p><b>AM:</b> Long run - 2 hours 15-30 mins all easy</p>
9	Recovery run, 30-45 mins + conditioning	<p><b>AM:</b> Easy run 30 mins</p> <p><b>PM:</b> 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</p>	<p><b>AM:</b> 60 mins easy pace + core</p>	<p><b>AM:</b> 30 mins easy</p> <p><b>PM:</b> 80 mins with the final 45 mins to include 4 x 6 mins @ threshold with 2-3 mins easy recovery.</p>	<b>REST</b>	Continuous hills with 60 mins to include 30 mins of continuous hills and no recoveries.	<p><b>AM:</b> Long run - 2 hours 30 mins with last 30 @ MP if you feel good.</p>
10	Recovery run, 30-45 mins + conditioning	<p><b>AM:</b> Easy run 30 mins</p> <p><b>PM:</b> Mixed pace session 6 x 800m (or 3 mins) @ at 5k effort. All with 75-90 sec jog rec</p>	<p><b>AM:</b> 60 mins easy pace + core</p>	<p><b>AM:</b> 30 mins easy</p> <p><b>PM:</b> 25km Progression run as 5km easy, 5km MP, 5km easy, 5km MP, 3km threshold, 2km easy</p>	<b>REST</b>	6 x 6 mins @ threshold off 90 second jog recovery	<p><b>AM:</b> 1hr 45 minutes all easy</p>

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11	Rest or recovery run, 30 mins	<p><b>AM:</b> Easy run 30 mins</p> <p><b>PM:</b> 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.</p>	<p><b>AM:</b> 45 mins easy pace + core</p>	30-minute progression run with 10 easy, 10 steady and 10 @ threshold building in effort	<b>REST</b>	<p><b>AM:</b> 30 min recovery run + stretching</p>	<p><b>AM:</b> Half marathon fast @ PB effort or + 45 mins easy after. If not racing; then 2 hours 30 mins with the last 60 mins @ Marathon pace</p>
12	Recovery run, 30-45 mins + conditioning	<p><b>AM:</b> easy run 40 mins</p> <p><b>PM:</b> 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</p>	<p><b>AM:</b> 60 mins steady</p>	<p><b>AM:</b> 30 mins easy recovery run</p> <p><b>PM:</b> 90 minutes with the final 45 mins to include 3 x 10 mins @ threshold effort – 2-3 min recovery</p>	<b>REST</b>	45 mins relaxed running	<p><b>AM:</b> Key long run – 35km progression run (10km easy, 10km MP, 5km easy, 5km threshold, 2km hard, 3km easy)</p>
13	Recovery run, 30-45 mins + conditioning	<p><b>AM:</b> Easy run 40 mins</p> <p><b>PM:</b> 3 x (5 mins @ threshold + 4 x 400m or 90 secs @ 5km pace from 60s rec) + 15-20 mins @ Marathon pace when finished</p>	<p><b>AM:</b> 60 mins steady</p>	<p><b>AM:</b> 30 mins easy recovery run</p> <p><b>PM:</b> 90 minutes with the final 30 mins @ threshold effort</p>	<b>REST</b>	45 mins relaxed running	<p><b>AM:</b> 2 hours 45 mins with the last 45-60 mins @ Marathon pace</p>

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14	Recovery run, 30 mins very relaxed + extra stretching	<p><b>AM:</b> Easy 30 min rec run</p> <p><b>PM:</b> 5 x 400m (or 90 secs) @ 5km effort (60s rec) + 2km @ threshold + 5 x 400m (or 90s) @ 5km effort (45s rec) – 2min rec between sets</p>	<p><b>AM:</b> 60 mins steady</p>	<p><b>AM:</b> 30 mins easy recovery run</p> <p><b>PM:</b> 45 mins to include 4 x 6 mins @ threshold off 90 secs jog rec.</p>	<b>REST</b>	Interval session with 6 mins @ threshold (2-3 min rec) + 5 x 3 mins @ 5k pace off 90 sec jog	<p><b>AM:</b> Long run - 2 hours with the final 30 minutes @ Marathon pace</p>
15	Recovery run, 30 mins + conditioning	<p><b>AM:</b> Easy 30 min rec run</p> <p><b>PM:</b> 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.</p>	<p><b>AM:</b> 45 easy run + core</p>	30 min progression run with 10 easy, 10 steady and 10 @ threshold	<b>REST</b>	<p><b>AM:</b> 5k parkrun to sharpen up + 30 easy after.</p>	<p><b>AM:</b> 60 mins very easy</p>
16	Recovery run - 30 mins or rest	30 mins to include 3 x 5 mins @ MP with a 2-3 min jog rec	<p><b>AM:</b> 30 min recovery run</p>	<p><b>PM:</b> 30 min rec run</p>	<b>REST</b>	15-20 min light jog + stretch	<p><b>BRIGHTON MARATHON</b></p> <p><b>Good Luck!!</b></p>

Please do a 15-minute warm up and cool down before Threshold, Continuous Hills or Interval sessions  
If you are feeling okay, 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

## **Rest (R)**

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to run, or start suffering a series of minor injuries then you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

## **Threshold Runs (THR)**

After the long run, threshold runs are probably your most valuable workouts. They are run at a controlled, brisk pace - about 80-85% of your MHR. You'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running economy and aerobic capacity.

## **Long Runs (LR)**

Long runs are vital in your plan and key to racing well in long distance races from 5km to marathon. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at a conversational pace or 6/10 effort. Gradually, this will build to 75% of WHR as you start to practice periods of marathon or race pace running. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

## **Continuous Hills (CH)**

Hill running develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster running. Run up a 5-10% gradient for 45-90 seconds at a 'threshold effort'. Turn immediately at the top and run down the hill at the same effort, then turn at the bottom and repeat without any recovery until the rep time ends. Like a tempo/threshold run, a hill session is time to concentrate, as you should be working at about 80-85% of MHR and be able to utter just a few words.

## **Interval Training (IT)**

Intervals help to boost specific race pace speed and involve running timed efforts with a controlled recovery. The effort level is around 85-100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes at 5km race pace with a 90 second jog recovery.

## **Marathon Pace (MP)**

Understanding the pace and effort you intend on running your marathon at is very important. Pace judgement and patience on the big day will be crucial to running your best marathon. Marathon pace practice allows your body and mind to get used to what will be required on race day and it builds endurance quickly.

## **Warming Up/Warm Down (WU)**

When you are going to do any faster running such as Hills, Threshold Runs, Intervals or a race, it is important to warm up gradually. A 10-15 minute jog lets your muscles warm up and improve their range of movement.

## **Cross-Training & Core Conditioning (XT)**

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, cross-trainer, etc. otherwise you are more likely to pick up an annoying injury that will set back your training. More experienced runners should also add cross-training to their regime. Endurance running, especially the marathon, requires whole body conditioning. To achieve this you should aim to work a variety of muscle groups, not just your legs. Be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your running.