

Amy's Plan for Marathon Greatness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23-May	off or x-train EZ	60	40	20 + 20 steady + 10	off or x-train EZ	40 + 6 hill sprints	90
30-May	off or x-train EZ	60	40	20 + 25 steady + 10	off or x-train EZ	40 + 8 hill sprints	100
06-Jun	off or x-train EZ	20 + 8 x 1/1 +10	60	20 + 30 steady + 10	off or x-train EZ	40 + 8 hill sprints	110
13-Jun	30 or off or x-train	10 + 5 x 3/2 + 10	60	15 + 35 steady + 10	off or x-train EZ	40 + 10 hill sprints	120
20-Jun	30 or off or x-train	10 + 3 x 5/2 + 10	60	10 + 40 steady + 10	off or x-train EZ	40 + 10 hill sprints	135
27-Jun	30 or off or x-train	10 + 8 x 1/1 + 10	50	20 + a few strides	Canada Day 15 km Race	jog a bit	90
04-Jul						Sinster 7 leg	
11-Jul	30	70	45	10 + 40 steady + 10	off or x-train EZ	40 + 10 hill sprints	120
18-Jul	30	10 + 6 3/2 +10	45	10 + 45 steady + 10	off or x-train EZ	40 + 10 hill sprints	135
25-Jul	30	10 + 10 x 1/1 + 10	45	10 +20 fast +10	off or x-train EZ	30+ 6 hill sprints	90
01-Aug	30	10 + 4 x 5/2 +10	45	10 + 50 steady + 10	off or x-train EZ	40 + 10 hill sprints	120
08-Aug	30	10 + 6 3/2 +10	45	10 + 55 steady + 10	off or x-train EZ	40 + 10 hill sprints	150
15-Aug	30	10 +20 fast +10	50	10 + 8 x 1/1 + 10	off	20 + a few strides	ING Half Marathon
22-Aug	jog a bit	60	45	80 (pick up the last 20)	off or x-train EZ	40 + 10 hill sprints	120(pick up last 45)
29-Aug	30	10 + 4 x 5/2 +10	45	10+ 60 steady + 10	off or x-train EZ	40 + 10 hill sprints	180
05-Sep	30	10 +20 fast +10	50	10 + 8 x 1/1 + 10	off	20 + a few strides	Stony Plain Half Marathon
12-Sep	jog a bit	70	45	80 (pick up the last 20)	off or x-train EZ	40 + 10 hill sprints	180
19-Sep	30	10 + 4 x 5/2 +10	45	10+ 60 steady + 10	off or x-train EZ	40 + 10 hill sprints	120(pick up last 45)
26-Sep	30	10 + 12 x 1/1 + 10	30	75 (pick up the last 40)	off	30 + 8 strides	90
03-Oct	off	10 + 20 MP + 10	35	10 + 10 MP + 10	off	20 + a few strides	Victoria Marathon

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21/05/2011 (draft one)

05/07/2011 (UPDATE)

1. This is draft one - please suggest changes - the plan is no good unless it works for your situation.
2. Given your work schedule you'll need to move the workouts around to fit into your shifts. Use the plan as a guideline to what you do to get done in a given week.
3. Numbers refer to minutes running - unless otherwise specified, run at a comfortable pace - where you could carry on a conversation
- 4.. X-train = do something ez aerobic like swimming or cycling or elliptical or stationary rowing
5. Steady = about half marathon race pace effort - approx 7 min/mile or 4:15 km pace
6. Hill Sprints = find a fairly steep hill that takes you about 15 seconds to sprint up - sprint up the hill and walk down slowly
7. 8 x 1/1 = run a minute fast - about 3 km race pace, jog for a minute - repeat 8 times
8. 5 x 3/2 = run three minutes fast - about 5 km race pace, then jog for 2 minutes, repeat 5 times
9. Sunday long run = start ez. If you can run the last 15 or 20 minutes at Marathon Pace (MP), do it up!