

B2B MARATHON TRAINING - 5 DAYS / 20 WEEK SCHEDULE

20 Week Training Schedule in preparation or Rocks N Rollin Ultra, 24th June. - If your ready to go take a few weeks head start to allow for interruptions

For beginners, you should be comfortable running, but occasionally expect that you will still feel the need to walk for short periods - that's OK.

	Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
5/2/17	1	3 Mile	Rest	5 minutes easy / 5 minutes tempo / 10 minutes easy	3 mile	3 mile	Rest	5 mile	16
	2	4 mile	Rest	5 minutes easy / 5 minutes tempo / 10 minutes easy	4 mile	4 mile	Rest	6 mile	20
	3	4 mile	Rest	10 minutes easy / 10 minutes tempo / 10 minutes easy	4 mile	5 mile	Rest	7 mile	23
	4	5 mile	Rest	10 minutes easy / 10 minutes tempo / 10 minutes easy	5 mile	6 mile	Rest	8 mile	27
5/3/17	5	5 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	5 mile	6 mile	Rest	9 mile	29
	6	6 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	5 mile	7 mile	Rest	10 mile	31
	7	6 mile	Rest	10 minutes easy / 15 minutes tempo / 10 minutes easy	5 mile	7 mile	Rest	10 mile	32
	8	8 mile	Rest	10 minutes easy / 20 minutes fartlek / 10 minutes easy	6 mile	8 mile	Rest	12 mile	38
2/4/17	9	8 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	6 mile	8 mile	Rest	12 mile	37
	10	10 mile	Rest	10 minutes easy / 20 minutes tempo / 10 minutes easy	6 mile	8 mile	Rest	13 mile	41
	11	10 mile	Rest	10 minutes easy / 20 minutes fartlek / 10 minutes easy	6 mile	9 mile	Rest	14 mile	43
	12	12 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	6 mile	9 mile	Rest	16 mile	46
	13	12 mile	Rest	10 minutes easy / 25 minutes tempo / 10 minutes easy	7 mile	9 mile	Rest	16 mile	49
7/5/17	14	13 mile	Rest	10 minutes easy / 25 minutes fartlek / 10 minutes easy	7 mile	10 mile	Rest	18 mile	46
	15	14 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	7 mile	10 mile	Rest	18 mile	52
	16	16 mile	Rest	10 minutes easy / 30 minutes tempo / 10 minutes easy	7 mile	11 mile	Rest	20 mile	59
	17	16 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	7 mile	11 mile	Rest	20 mile	60
4/6/17	18	18 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	7 mile	11 mile	Rest	22 mile	62
	19	10 mile	Rest	10 minutes easy / 6 x 1 minute with 1 minute recovery between / 10 minutes easy	4 mile	6 mile	Rest	10 mile	33
	20	5 mile	Rest	10 minutes easy / 4 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	3 mile	Rest	RACE DAY	11
25/6/17	21	RACE DAY							
Sun. / Thur.	Run at a comfortable pace, trying to maintain same pace as mileage increases				Rest days	Maximise recovery with nutrition / rest and hydration			
Tues	Fartlek training, giving the faster periods maximum effort				Wed	If you think you need 5 day plan do something light			
Sat.	Run 30 sec - 60 sec slower than normal run								