

MARATHON TRAINING - 4 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	5 mile	Rest	5 minutes easy / 5 minutes tempo / 10 minutes easy	Rest	3 mile	Rest	3 mile	13
	2	6 mile	Rest	5 minutes easy / 5 minutes tempo / 10 minutes easy	Rest	4 mile	Rest	4 mile	16
	3	7 mile	Rest	10 minutes easy / 10 minutes tempo / 10 minutes easy	Rest	5 mile	Rest	4 mile	19
	4	8 mile	Rest	10 minutes easy / 10 minutes tempo / 10 minutes easy	Rest	6 mile	Rest	5 mile	22
5/3/17	5	9 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	Rest	6 mile	Rest	5 mile	24
	6	10 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	7 mile	Rest	5 mile	26
	7	11 mile	Rest	10 minutes easy / 15 minutes tempo / 10 minutes easy	Rest	7 mile	Rest	5 mile	27
	8	12 mile	Rest	10 minutes easy / 20 minutes fartlek / 10 minutes easy	Rest	8 mile	Rest	6 mile	30
2/4/17	9	13 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	8 mile	Rest	6 mile	31
	10	14 mile	Rest	10 minutes easy / 20 minutes tempo / 10 minutes easy	Rest	8 mile	Rest	6 mile	33
	11	15 mile	Rest	10 minutes easy / 20 minutes fartlek / 10 minutes easy	Rest	9 mile	Rest	6 mile	34
	12	16 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	9 mile	Rest	6 mile	34
	13	17 mile	Rest	10 minutes easy / 25 minutes tempo / 10 minutes easy	Rest	9 mile	Rest	7 mile	38
7/5/17	14	18 mile	Rest	10 minutes easy / 25 minutes fartlek / 10 minutes easy	Rest	10 mile	Rest	7 mile	40
	15	19 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	10 mile	Rest	7 mile	42
	16	20 mile	Rest	10 minutes easy / 30 minutes tempo / 10 minutes easy	Rest	11 mile	Rest	7 mile	44
	17	21 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	Rest	11 mile	Rest	7 mile	43
4/6/17	18	22 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	Rest	11 mile	Rest	7 mile	44
	19	10 mile	Rest	10 minutes easy / 6 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	6 mile	Rest	4 mile	23
	20	5 miles	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								