

**MARATHON TRAINING 2014**  
**PROPOSED GROUP SATURDAY RUNS**  
**(MEET AT 0845 TO START RUNNING AT 0900 PROMPT)**

	<b>DATE (Saturday)</b>	<b>RUN</b>	<b>COMMENT</b>
	4 Jan	Introductory run of 12 miles	Portchester Castle, Port Solent and IBM
	11 Jan	14 miles with hills	Farlington Marshes, Bedhampton & Purbrook
	18 Jan	16 miles flat	To include Old Portsmouth, Eastney, Cosham
	25 Jan	15 miles with four hills	Up and down PDH four times
	1 Feb	18 miles mixed	Fareham, Boarhunt and Southwick
	8 Feb	20 miles flat	Southsea, Farlington
	9 Feb	or <b>Meon Valley Plod</b>	
	15 Feb	18 miles mixed	Bob's tour of Denmead
	22 Feb	18 miles mixed	World's End and back
	1 Mar	24 miles with hills	The big one!
	8 Mar	20 miles flat	Southsea, Farlington
	15 Mar	15 miles with four hills	Up and down PDH four times
	22 Mar	16 miles mixed	Portchester, Southwick
<b>L,S</b>	29 Mar	15 miles flat	<b>London</b> etc: Portchester, Wicor Mill.
<b>B,B</b>		12 miles flat	<b>Brighton</b> etc: As 4 <sup>th</sup> Jan but in reverse.
<b>L</b>	5 Apr	12 miles flat	<b>London</b> : As for 4 <sup>th</sup> Jan but in reverse.
<b>S</b>		16 miles mixed	<b>Stratford</b> : Havant & Purbrook
<b>B,B</b>	6 Apr	Brighton, Blackpool & Lochaber marathons	<b>Good luck!</b>
<b>S</b>	12 Apr	16 miles mixed	<b>Stratford</b> : As for 18 <sup>th</sup> Jan but in reverse
<b>L</b>	13 Apr	London Marathon	<b>Good luck!</b>
<b>S</b>	20 Apr	12 miles flat	<b>Stratford</b> : As for 4 <sup>th</sup> Jan but in reverse.
<b>S</b>	27 Apr	Stratford Marathon	<b>Good luck!</b>

**NOTES:**

1. The marathon training programme is designed to prepare you for either the Blackpool, Brighton or Lochaber Marathon on 6<sup>th</sup> April, the London on 13<sup>th</sup> April, the Stratford on 27<sup>th</sup> April or Milton Keynes on 5<sup>th</sup> May; or indeed any other spring marathon being run in April or May 2014. The programme is equally suited to all. Simply adjust the programme to suit your need.
2. This is a guide only and is prepared as such.
3. The suggested runs can be undertaken in any order.
4. It is suggested that at least 2 runs are taken in a race environment and consist of one of 20 miles and a half marathon. Recommended runs are the Bramley 10/20 or the Worthing 20 and one of a number of available half marathons, e.g. Inverness, Eastbourne, Fleet, Reading etc. A long distance cross country run such as the Meon Valley Plod is also recommended purely to break the monotony of pounding the streets. The Meon Valley Plod may be run as a group instead of the normally Saturday training run for those who wish to take part. Additionally, there are a number of high grade 10k runs such as Stubbington, Chichester and Eastleigh that can be run as an 'extra' and which will aid your training. Don't forget also the TRXC and HRRL events where you can represent the club and show off your new running prowess.
5. Please note the start time of **0900 prompt**. This is the time that the group will leave the Centre. If you arrive late then you will have to catch up.
6. **Listen to your body** if you are injured or tired then do not undertake a long run, do something else such as swimming or cycling or, better still, just rest!
7. Information about forthcoming runs may be found on the Portsmouth Joggers Facebook page or by e-mail at [bob.maguire@tiscali.co.uk](mailto:bob.maguire@tiscali.co.uk).

**MARATHON TRAINING 2014  
PROPOSED GROUP SATURDAY RUNS  
(MEET AT 0845 TO START RUNNING AT 0900 PROMPT)**

*Original schedule by Chris Brier*