

Marathon Training Schedule Spring 2014

This training schedule is aimed towards the Spring Marathon season 2014, targeting two race dates/periods - the Malta Marathon on 23rd February 2014 and the April marathon season including Brighton (6th), Blackpool (6th), London (13th), Shakespeare (27th) and others. As such there are two overlapping peak training phases and two consecutive taper phases. Care should be taken to phase the build up and taper accordingly, and if you are unsure you should consult one of the group leaders at the club for further advice in order to plan a more precise schedule.

The schedule includes KEY SESSIONS each week – usually 3 or 4 runs. These can be added to with easy/recovery runs, or you may need to miss out some sessions due to illness, work, holidays etc, so it is just a guide. The weekday sessions are usually on Tuesday and Thursday: we will try to stick to them each week with our regular PJC group from the Mountbatten Centre – we will aim to set up individual pace sub-groups for the different levels for each session. Do try to incorporate some of the PJC HRRL and XC races into your training where you can, and also have a run at one of the local Park Run 5km races organised by PJC club members to show some support and get a bit of extra speedwork under your belt.

We have included some key races and target times for various marathon targets, plus the race equivalent time guide based on an original from Purple Patch which is quite useful – you should aim to track across PB times along one horizontal line on the chart. If your longer distance races are slower, you need to work on endurance, and if your shorter races are slower, then concentrate more on speed. Also included is a Constant Pace Chart to show split times at various distances in relation to constant mile pace. We have also included target pace guides and suggested target race times at various distances through to final Marathon targets.

Russ, Tony and Derek

Phase One

Week 18 · Intro w/b 02.12.13	Week 17 · Hard w/b 09.12.13	Week 16 · Hard w/b 16.12.13	Week 15 · Easy w/b 23.12.13	Week 14 · Easy w/b 30.12.13	Week 13 · Hard w/b 06.01.14
Tempo 10km Timed Run @ Tempo Pace	Tempo 2 x 20 minutes @ Tempo Pace	Hill Reps 12 x 400m Hills	Tempo 4 x 1 mile @ Tempo Pace	Steady Run 10km Timed Run @ Steady Pace	Yasso 800m 12 x Yasso 800m
Pace Setting Check goals and plan schedule					
Steady Run 10 miles @ Steady Pace	Steady Run 10 miles @ Steady Pace	Steady Run 10 miles @ Steady Pace	Steady Run 8 miles Boxing Day Run	Steady Run 12 miles @ Steady Pace	Progressive Run 12 miles @ Progressive Pace
			Race Option Pub to Pub		
Long Run 16 miles SSFS OR Park Run Extended + Long Run	Long Run 18 miles SSFF	Long Run 20 miles SSFS OR Race Sunday	Long Run 16 miles SSFS	Long Run 18 miles SSFF	Long Run 18 miles SSFS
Race Option Farnham XC		Race Option Portsmouth Coastal Marathon	Race Option Lord Wandsworth Odiham XC		

Pace Guide

Marathon Pace (MP)

Target Marathon race pace

Tempo Pace

Run at 30 seconds per mile
faster than MP

Steady Run

Run at 30 seconds per mile
slower than MP

Yasso 800m

800m intervals run in the same
number of minutes as target
MP in hours. 3:00 minutes for
MP target 3:00, 3:15 minutes
for MP target 3:15 etc

Progressive Run

Start @ 60 seconds per mile
slower than MP, building in
stages to finish at Tempo Pace

Long Run

Run at 60 seconds per mile
slower than MP

SSFS

Start slow, finish slow

SSFF

Start slow, finish at MP

Phase Two

Week 12 · Easy w/b 13.01.14	Week 11 · Hard w/b 20.01.14	Week 10 · Hard w/b 27.01.14	Week 09 · Easy w/b 03.02.14	Week 08 · Hard w/b 10.02.14	Week 07 · Hard w/b 17.02.14
Tempo 12 x 400m @ Tempo Pace	Tempo 2 x 20 minutes @ Tempo Pace	Hill Reps 12 x 200m Hills Ups and Downs	Tempo 10km Timed Run @ Tempo Pace	Tempo 4 x 1 mile @ Tempo Pace	Yasso 800m 12 x Yasso 800m or easy taper run
Steady Run 10 miles @ Steady Pace	MP Run 10 miles MP with Fast Finish	Progressive Run 10 miles Progressive Run	Steady Run 10 miles @ Steady Pace	Steady Run 12 miles or 8 miles	Steady Run 12 miles or 4 miles
Long Run 18 miles SSFS OR Race Sunday	Long Run 16 miles SSFF	Long Run 18 miles SSFS OR Race Sunday	Long Run 20 miles SSFS	Long Run 18 miles SSFS OR Taper Run 12 miles SSFS	Long Run 18 miles SSFS OR Rest!
Race Option Stubbington 10km	Race Option Manor Farm XC	Race Option Ryde 10 Miles			Target Race #1 Malta Marathon

Pace Guide

Marathon Pace (MP)

Target Marathon race pace

Tempo Pace

Run at 30 seconds per mile faster than MP

Steady Run

Run at 30 seconds per mile slower than MP

Yasso 800m

800m intervals run in the same number of minutes as target MP in hours. 3:00 minutes for MP target 3:00, 3:15 minutes for MP target 3:15 etc

Progressive Run

Start @ 60 seconds per mile slower than MP, building in stages to finish at Tempo Pace

Long Run

Run at 60 seconds per mile slower than MP

SSFS

Start slow, finish slow

SSFF

Start slow, finish at MP

Phase Three

Week 06 · Hard w/b 24.02.14	Week 05 · Easy w/b 03.03.14	Week 04 · Hard w/b 10.03.14	Week 03 · Hard w/b 17.03.14	Week 02 · Taper w/b 24.03.14	Week 01 · Taper w/b 31.03.14
Tempo 12 x 400m @ Tempo Pace	Intervals Short Pyramids	Tempo 10km Timed Run @ Tempo Pace Plus	Yasso 800m 8 x Yasso 800m	Relaxed Tempo 12 x 400m @ Tempo Pace	MP Run 10km Timed Run @ Marathon Pace
Tempo Run 13 miles including 5 miles @ Tempo	Steady Run 12 miles @ Steady Pace	Progressive Run 12 miles @ Progressive Pace	MP Run 12 miles @ Steady Pace	Steady Run 10 miles @ Steady Pace	Recovery 4 miles @ Easy Run Pace
Long Run 24 miles SSFS	Long Run 20 miles SSFS	Long Run 16 miles SSFS	Long Run 16 miles SSFF	Long Run 12 miles SSFS	
					Target Race #2 April Marathon

Pace Guide

Marathon Pace (MP)

Target Marathon race pace

Tempo Pace

Run at 30 seconds per mile faster than MP

Steady Run

Run at 30 seconds per mile slower than MP

Yasso 800m

800m intervals run in the same number of minutes as target MP in hours. 3:00 minutes for MP target 3:00, 3:15 minutes for MP target 3:15 etc

Progressive Run

Start @ 60 seconds per mile slower than MP, building in stages to finish at Tempo Pace

Long Run

Run at 60 seconds per mile slower than MP

SSFS

Start slow, finish slow

SSFF

Start slow, finish at MP

Pace Guide and Race Target Times

Target Time	Sub 3:00	Sub 3:05	Sub 3:10	Sub 3:15	Sub 3:30
Race Pace	6:50 mile	7:00 mile	7:15 mile	7:25 mile	8:00 mile
Tempo Run	6:20 mile	6:30 mile	6:45 mile	6:55 mile	7:30 mile
Steady Pace Run	7:20 mile	7:30 mile	7:45 mile	7:55 mile	8:30 mile
Long Run	7:50 mile	8:00 mile	8:15 mile	8:25 mile	9:00 mile
SSFF	7:50 to 6:50 mile	8:00 to 7:00 mile	8:15 to 7:15 mile	8:25 to 7:25 mile	9:00 to 8:00 mile
Recovery Run	8:20 mile	8:30 mile	8:45 mile	8:55 mile	9:30 mile
5Km Park Run	19:30	20:00	20:20	21:00	22:30
5 Mile Race	30:30	31:30	32:30	33:00	35:30
10 Mile Race	1:03:00	1:05:00	1:07:00	1:08:00	1:14:00
Half Marathon Race	1:24:00	1:27:00	1:30:00	1:32:00	1:39:00

Pace Guide

Marathon Pace (MP)

Target Marathon race pace

Tempo Pace

Run at 30 seconds per mile faster than MP

Steady Run

Run at 30 seconds per mile slower than MP

Yasso 800m

800m intervals run in the same number of minutes as target MP in hours. 3:00 minutes for MP target 3:00, 3:15 minutes for MP target 3:15 etc

Progressive Run

Start @ 60 seconds per mile slower than MP, building in stages to finish at Tempo Pace

Long Run

Run at 60 seconds per mile slower than MP

SSFS

Start slow, finish slow

SSFF

Start slow, finish at MP

Race Time Prediction Chart

1 mile	3 km	2 miles	5 km	5 miles	10 km	10 miles	Half M	20 miles	Marathon
5:00	9:46	10:32	16:54	28:08	35:30	58:58	1:18:41	2:04:20	2:46:27
5:05	9:56	10:43	17:11	28:36	36:05	59:57	1:20:00	2:06:24	2:49:12
5:10	10:06	10:53	17:28	29:04	36:40	1:00:56	1:21:18	2:08:27	2:51:58
5:15	10:16	11:04	17:45	29:32	37:16	1:01:55	1:22:37	2:10:30	2:52:43
5:20	10:25	11:15	18:02	30:01	37:51	1:02:54	1:23:56	2:12:34	2:57:29
5:25	10:35	11:25	18:19	30:29	38:27	1:03:53	1:25:15	2:14:37	3:00:14
5:30	10:45	11:36	18:36	30:57	39:02	1:04:52	1:26:33	2:16:40	3:03:00
5:35	10:55	11:46	18:53	31:25	39:38	1:05:51	1:27:52	2:18:44	3:05:44
5:40	11:05	11:57	19:10	31:53	40:13	1:06:50	1:29:11	2:20:47	3:08:30
5:45	11:14	12:07	19:27	32:21	40:49	1:07:49	1:30:29	2:22:50	3:11:15
5:50	11:24	12:18	19:43	32:49	41:24	1:08:48	1:31:48	2:24:54	3:14:00
5:55	11:34	12:28	20:00	33:18	42:00	1:09:47	1:33:07	2:26:57	3:16:45
6:00	11:44	12:39	20:17	33:46	42:35	1:10:46	1:34:25	2:29:00	3:19:30
6:05	11:53	12:49	20:34	34:14	43:11	1:11:45	1:35:44	2:31:04	3:22:16
6:10	12:03	13:00	20:51	34:42	43:46	1:12:44	1:37:03	2:33:07	3:25:02
6:15	12:13	13:11	21:08	35:10	44:22	1:13:43	1:38:21	2:35:10	3:27:47
6:20	12:23	13:21	21:25	35:38	44:57	1:14:42	1:39:40	2:37:14	3:30:33
6:25	12:33	13:32	21:42	36:06	45:33	1:15:41	1:40:59	2:39:17	3:33:20
6:30	12:42	13:42	21:59	36:34	46:08	1:16:40	1:42:17	2:41:20	3:36:05
6:35	12:52	13:53	22:16	37:03	46:44	1:17:39	1:43:36	2:43:24	3:38:48
6:40	13:02	14:03	22:33	37:31	47:19	1:18:38	1:44:55	2:45:27	3:41:35
6:45	13:12	14:14	22:49	37:59	47:55	1:19:37	1:46:13	2:47:30	3:44:20
6:50	13:21	14:24	23:06	38:27	48:30	1:20:35	1:47:32	2:49:34	3:47:05
6:55	13:31	14:35	23:23	38:55	49:06	1:21:34	1:48:51	2:51:37	3:49:51
7:00	13:41	14:45	23:40	39:23	49:41	1:22:33	1:50:10	2:53:40	3:52:36

Constant Pace Time Chart

1 mile	5 km	5 miles	10 km	10 miles	Half M	15 miles	30 km	20 miles	Marathon
6:00	18:39	30:00	37:17	60:00	1:18:36	1:30:00	1:51:51	2:00:00	2:37:12
6:05	18:54	30:25	37:48	1:00:50	1:19:42	1:31:15	1:53:24	2:01:40	2:39:23
6:10	19:10	30:50	38:19	1:01:40	1:20:47	1:32:30	1:54:57	2:03:20	2:41:34
6:15	19:25	31:15	38:50	1:02:30	1:21:53	1:33:45	1:56:30	2:05:00	2:43:45
6:20	19:41	31:40	39:21	1:03:20	1:22:58	1:35:00	1:58:03	2:06:40	2:45:56
6:25	19:56	32:05	39:52	1:04:10	1:24:03	1:36:15	1:59:36	2:08:20	2:48:07
6:30	20:12	32:30	40:23	1:05:00	1:25:13	1:37:30	2:01:09	2:10:00	2:50:18
6:35	20:27	32:55	40:55	1:05:50	1:26:15	1:38:45	2:02:45	2:11:40	2:52:29
6:40	20:43	33:20	41:26	1:06:40	1:27:20	1:40:00	2:04:18	2:13:20	2:54:40
6:45	20:58	33:45	41:57	1:07:30	1:28:25	1:41:15	2:05:51	2:15:00	2:56:51
6:50	21:14	34:10	42:28	1:08:20	1:29:31	1:42:30	2:07:24	2:16:40	2:59:02
6:55	21:29	34:35	42:59	1:09:10	1:30:36	1:43:45	2:08:57	2:18:20	3:01:13
7:00	21:45	35:00	43:30	1:10:00	1:31:42	1:45:00	2:10:30	2:20:00	3:03:24
7:05	22:00	35:25	44:01	1:10:50	1:32:47	1:46:15	2:12:03	2:21:40	3:05:35
7:10	22:16	35:50	44:32	1:11:40	1:33:53	1:47:30	2:13:36	2:23:20	3:07:46
7:15	22:32	36:15	45:03	1:12:30	1:34:58	1:48:45	2:15:09	2:25:00	3:09:57
7:20	22:47	36:40	45:34	1:13:20	1:36:04	1:50:00	2:16:42	2:26:40	3:12:08
7:25	23:03	37:05	46:05	1:14:10	1:37:09	1:51:15	2:18:15	2:28:20	3:14:19
7:30	23:18	37:30	46:36	1:15:00	1:38:15	1:52:30	2:19:48	2:30:00	3:16:30
7:35	23:34	37:55	47:07	1:15:50	1:39:20	1:53:45	2:21:21	2:31:40	3:18:41
7:40	23:49	38:20	47:38	1:16:40	1:40:26	1:55:00	2:22:54	2:33:20	3:20:52
7:45	24:05	38:45	48:10	1:17:30	1:41:31	1:56:15	2:24:30	2:35:00	3:23:03
7:50	24:20	39:10	48:41	1:18:20	1:42:37	1:57:30	2:26:03	2:36:40	3:25:14
7:55	24:36	39:35	49:12	1:19:10	1:43:42	1:58:45	2:27:36	2:38:20	3:27:25
8:00	24:51	40:00	49:43	1:20:00	1:44:48	2:00:00	2:29:09	2:40:00	3:29:36

