

## **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 Masters & Maidens

| Week 18 · Intro<br>w/b 02.12.13                         | Week 17 · Hard<br>w/b 09.12.13                 | Week 16 · Hard<br>w/b 16.12.13   | Week 15 · Easy<br>w/b 23.12.13                     | Week 14 · Easy<br>w/b 30.12.13                       | Week 13 · Hard<br>w/b 06.01.14                          |
|---|--|--|--|--|---|
|   |  |  |  |  |   |
| <b>Tempo</b><br>10km Timed Run<br>@ Tempo Pace          | <b>Tempo</b><br>2 x 20 minutes<br>@ Tempo Pace | <b>Hill Reps</b><br>12 x 400m Hills                                      | <b>Tempo</b><br>4 x 1 mile @<br>Tempo Pace         | <b>Steady Run</b><br>10km Timed Run<br>@ Steady Pace | <b>Yasso 800m</b><br>12 x Yasso 800m                    |
| <b>Pace Setting</b><br>Check goals and<br>plan schedule |  |  |  |  |   |
| <b>Steady Run</b><br>5 miles @<br>Steady Pace           | <b>Steady Run</b><br>6 miles @<br>Steady Pace  | <b>Steady Run</b><br>6 miles @<br>Steady Pace                            | <b>Steady Run</b><br>6 miles<br>Boxing Day Run     | <b>Steady Run</b><br>8 miles @<br>Steady Pace        | <b>Progressive Run</b><br>8 miles @<br>Progressive Pace |
|   |  |  | <b>Race Option</b><br>Pub to Pub                   |  |   |
| <b>Long Run</b><br>12 miles SSFS<br>[HM 10]             | <b>Long Run</b><br>14 miles SSFF<br>[HM 10]    | <b>Long Run</b><br>16 miles SSFS<br>[HM 12]<br><br><b>OR</b> Race Sunday |  | <b>Long Run</b><br>16 miles SSFF<br>[HM 12]          | <b>Long Run</b><br>18 miles SSFS<br>[HM 12]             |
| <b>Race Option</b><br>Farnham XC                        |  | <b>Race Option</b><br>Portsmouth Coastal<br>Marathon                     | <b>Race Option</b><br>Lord Wandsworth<br>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. 4:00 minutes for MP target 4:00, 4:15 minutes for MP target 4:15 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 Masters & Maidens

| Week 12 · Easy<br>w/b 13.01.14   | Week 11 · Hard<br>w/b 20.01.14                  | Week 10 · Hard<br>w/b 27.01.14   | Week 09 · Easy<br>w/b 03.02.14                 | Week 08 · Hard<br>w/b 10.02.14             | Week 07 · Hard<br>w/b 17.02.14                            |
|--|---|--|--|--|---|
|  |   |  |  |  |   |
| <b>Tempo</b><br>12 x 400m<br>@ Tempo Pace                                | <b>Tempo</b><br>2 x 20 minutes<br>@ Tempo Pace  | <b>Hill Reps</b><br>12 x 200m Hills<br>Ups and Downs                     | <b>Tempo</b><br>10km Timed Run<br>@ Tempo Pace | <b>Tempo</b><br>4 x 1 mile @<br>Tempo Pace | <b>Yasso 800m</b><br>12 x Yasso 800m or<br>easy taper run |
|  |   |  |  |  |   |
| <b>Steady Run</b><br>7 miles @<br>Steady Pace                            | <b>MP Run</b><br>8 miles MP with<br>Fast Finish | <b>Progressive Run</b><br>8 miles<br>Progressive Run                     | <b>Steady Run</b><br>7 miles @<br>Steady Pace  | <b>Steady Run</b><br>6 miles               | <b>Easy Run</b><br>4 miles                                |
|  |   |  |  |  |   |
| <b>Long Run</b><br>14 miles SSFS<br>[HM 10]<br><br><b>OR</b> Race Sunday | <b>Long Run</b><br>16 miles SSFF<br>[HM 12]     | <b>Long Run</b><br>20 miles SSFS<br>[HM 14]<br><br><b>OR</b> Race Sunday | <b>Long Run</b><br>14 miles SSFS<br>[HM 10]    | <b>Taper Run</b><br>8 miles SSFS<br>[HM 6] |   |
| <b>Race Option</b><br>Stubbington 10km                                   | <b>Race Option</b><br>Manor Farm XC             | <b>Race Option</b><br>Ryde 10 Miles                                      |  |  | <b>Target Race #1</b><br>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. 4:00 minutes for MP target 4:00, 4:15 minutes for MP target 4:15 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 3:45          | Sub 4:00           | Sub 4:15           | Sub 4:30            | Sub 5:00            |
|---------------------------|-------------------|--------------------|--------------------|---------------------|---------------------|
| <b>Race Pace</b>          | 8:35 mile         | 9:05 mile          | 9:40 mile          | 10:15 mile          | 11:25 mile          |
| <b>Tempo Run</b>          | 8:05 mile         | 8:35 mile          | 9:10 mile          | 9:45 mile           | 10:55 mile          |
| <b>Steady Pace Run</b>    | 9:05 mile         | 9:35 mile          | 10:10 mile         | 10:45 mile          | 11:55 mile          |
| <b>Long Run</b>           | 9:35 mile         | 10:05 mile         | 10:40 mile         | 11:15 mile          | 12:25 mile          |
| <b>SSFF</b>               | 9:35 to 8:35 mile | 10:05 to 9:05 mile | 10:40 to 9:40 mile | 11:15 to 10:15 mile | 12:25 to 11:25 mile |
| <b>Recovery Run</b>       | 10:05 mile        | 10:35 mile         | 11:10 mile         | 12:45 mile          | 13:55 mile          |
| <b>5Km Park Run</b>       | 24:00             | 25:30              | 26:45              | 28:00               | 31:30               |
| <b>5 Mile Race</b>        | 38:30             | 41:00              | 43:30              | 46:00               | 51:00               |
| <b>10 Mile Race</b>       | 1:20:45           | 1:25:30            | 1:31:30            | 1:36:30             | 1:47:00             |
| <b>Half Marathon Race</b> | 1:47:30           | 1:54:00            | 2:02:00            | 2:08:30             | 2:23:00             |

### 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 |
|--------|-------|---------|-------|---------|-------|----------|---------|----------|----------|
| 7:00   | 13:41 | 14:45   | 23:40 | 39:23   | 49:41 | 1:22:33  | 1:50:10 | 2:53:40  | 3:52:58  |
| 7:05   | 13:51 | 14:56   | 23:57 | 39:51   | 50:17 | 1:23:32  | 1:51:28 | 2:55:44  | 3:55:43  |
| 7:10   | 14:01 | 15:06   | 24:14 | 40:20   | 50:52 | 1:24:31  | 1:52:47 | 2:57:47  | 3:58:27  |
| 7:15   | 14:10 | 15:17   | 24:31 | 40:48   | 51:28 | 1:25:30  | 1:54:06 | 2:59:50  | 4:01:12  |
| 7:20   | 14:20 | 15:27   | 24:48 | 41:16   | 52:03 | 1:26:29  | 1:55:25 | 3:01:53  | 4:03:56  |
| 7:25   | 14:30 | 15:38   | 25:05 | 41:44   | 52:39 | 1:27:28  | 1:56:44 | 3:03:56  | 4:06:40  |
| 7:30   | 14:39 | 15:48   | 25:22 | 42:12   | 53:14 | 1:28:27  | 1:58:03 | 3:06:00  | 4:09:25  |
| 7:35   | 14:49 | 15:59   | 25:39 | 42:40   | 53:50 | 1:29:26  | 1:59:22 | 3:08:03  | 4:12:09  |
| 7:40   | 14:59 | 16:09   | 25:55 | 43:08   | 54:25 | 1:30:25  | 2:00:41 | 3:10:06  | 4:14:54  |
| 7:45   | 15:09 | 16:20   | 26:13 | 43:37   | 55:01 | 1:31:24  | 2:02:00 | 3:12:09  | 4:17:38  |
| 7:50   | 15:19 | 16:31   | 26:30 | 44:05   | 55:36 | 1:32:23  | 2:03:17 | 3:14:12  | 4:20:23  |
| 7:55   | 15:28 | 16:41   | 26:47 | 44:33   | 56:12 | 1:33:22  | 2:04:35 | 3:16:17  | 4:23:00  |
| 8:00   | 15:38 | 16:52   | 27:04 | 45:01   | 56:47 | 1:34:21  | 2:05:57 | 3:18:18  | 4:25:35  |
| 8:05   | 15:48 | 17:02   | 27:21 | 45:29   | 57:23 | 1:35:20  | 2:07:16 | 3:20:21  | 4:28:20  |
| 8:10   | 15:57 | 17:12   | 27:38 | 45:57   | 57:58 | 1:36:19  | 2:08:45 | 3:22:25  | 4:31:05  |
| 8:15   | 16:07 | 17:23   | 27:55 | 46:25   | 58:34 | 1:37:18  | 2:10:04 | 3:24:28  | 4:33:50  |
| 8:20   | 16:17 | 17:33   | 28:12 | 46:53   | 59:09 | 1:38:17  | 2:11:09 | 3:26:31  | 4:36:35  |
| 8:25   | 16:27 | 17:44   | 28:29 | 47:22   | 59:45 | 1:39:16  | 2:12:27 | 3:28:34  | 4:39:20  |
| 8:30   | 16:37 | 17:54   | 28:46 | 47:50   | 60:20 | 1:40:15  | 2:14:01 | 3:30:37  | 4:42:05  |
| 8:35   | 16:46 | 18:05   | 29:03 | 48:18   | 60:56 | 1:41:14  | 2:15:20 | 3:32:40  | 4:44:50  |
| 8:40   | 16:56 | 18:15   | 29:20 | 48:46   | 61:31 | 1:42:13  | 2:16:39 | 3:34:44  | 4:47:35  |
| 8:45   | 17:06 | 18:26   | 29:37 | 49:14   | 62:07 | 1:43:12  | 2:17:58 | 3:36:47  | 4:50:20  |
| 8:50   | 17:15 | 18:36   | 29:54 | 49:42   | 62:42 | 1:44:11  | 2:19:17 | 3:38:50  | 4:53:05  |
| 8:55   | 17:25 | 18:47   | 30:11 | 50:10   | 63:18 | 1:45:10  | 2:20:36 | 3:40:53  | 4:55:50  |
| 9:00   | 17:35 | 18:57   | 30:28 | 50:39   | 63:53 | 1:46:09  | 2:21:57 | 3:42:56  | 4:58:35  |



## Constant Pace Time Chart

| 1 mile | 5 km  | 5 miles | 10 km | 10 miles | Half M  | 15 miles | 30 km   | 20 miles | Marathon |
|--------|-------|---------|-------|----------|---------|----------|---------|----------|----------|
| 8:00   | 24:51 | 40:00   | 49:43 | 1:20:00  | 1:44:48 | 2:00:00  | 2:29:06 | 2:40:00  | 3:29:36  |
| 8:05   | 25:07 | 40:25   | 50:14 | 1:20:50  | 1:45:56 | 2:01:15  | 2:30:39 | 2:41:40  | 3:31:51  |
| 8:10   | 25:22 | 40:50   | 50:44 | 1:21:40  | 1:47:04 | 2:02:30  | 2:32:12 | 2:43:20  | 3:34:07  |
| 8:15   | 25:37 | 41:15   | 51:15 | 1:22:30  | 1:48:11 | 2:03:45  | 2:33:45 | 2:45:00  | 3:36:22  |
| 8:20   | 25:53 | 41:40   | 51:46 | 1:23:20  | 1:49:15 | 2:05:00  | 2:35:18 | 2:46:40  | 3:38:29  |
| 8:25   | 26:08 | 42:05   | 52:17 | 1:24:10  | 1:50:22 | 2:06:15  | 2:36:51 | 2:48:20  | 3:40:44  |
| 8:30   | 26:24 | 42:30   | 52:48 | 1:25:00  | 1:51:26 | 2:07:30  | 2:38:24 | 2:50:00  | 3:42:51  |
| 8:35   | 26:39 | 42:55   | 53:19 | 1:25:50  | 1:52:33 | 2:08:45  | 2:39:57 | 2:51:40  | 3:45:06  |
| 8:40   | 26:55 | 43:20   | 53:50 | 1:26:40  | 1:53:37 | 2:10:00  | 2:41:30 | 2:53:20  | 3:47:13  |
| 8:45   | 27:10 | 43:45   | 54:20 | 1:27:30  | 1:54:44 | 2:11:15  | 2:43:03 | 2:55:00  | 3:49:28  |
| 8:50   | 27:26 | 44:10   | 54:52 | 1:28:20  | 1:55:48 | 2:12:30  | 2:44:36 | 2:56:40  | 3:51:35  |
| 8:55   | 27:41 | 44:35   | 55:23 | 1:29:10  | 1:56:55 | 2:13:45  | 2:46:09 | 2:58:20  | 3:53:50  |
| 9:00   | 27:57 | 45:00   | 55:54 | 1:30:00  | 1:57:59 | 2:15:00  | 2:47:42 | 3:00:00  | 3:56:00  |
| 9:05   | 28:12 | 45:25   | 56:25 | 1:30:50  | 1:59:07 | 2:16:15  | 2:49:15 | 3:01:40  | 3:58:14  |
| 9:10   | 28:28 | 45:50   | 56:56 | 1:31:40  | 2:00:11 | 2:17:30  | 2:50:48 | 3:03:20  | 4:00:22  |
| 9:15   | 28:43 | 46:15   | 57:27 | 1:32:30  | 2:01:17 | 2:18:45  | 2:52:21 | 3:05:00  | 4:02:35  |
| 9:20   | 28:59 | 46:40   | 57:58 | 1:33:20  | 2:02:21 | 2:20:00  | 2:53:54 | 3:06:40  | 4:04:50  |
| 9:25   | 29:14 | 47:05   | 58:28 | 1:34:10  | 2:03:28 | 2:21:15  | 2:55:27 | 3:08:20  | 4:07:05  |
| 9:30   | 29:30 | 47:30   | 58:59 | 1:35:00  | 2:04:32 | 2:22:30  | 2:57:00 | 3:10:00  | 4:09:20  |
| 9:35   | 29:45 | 47:55   | 59:30 | 1:35:50  | 2:05:39 | 2:23:45  | 2:58:33 | 3:11:40  | 4:11:35  |
| 9:40   | 30:01 | 48:20   | 60:01 | 1:36:40  | 2:06:44 | 2:25:00  | 3:00:06 | 3:13:20  | 4:13:50  |
| 9:45   | 30:16 | 48:45   | 60:32 | 1:37:30  | 2:06:51 | 2:26:15  | 3:01:39 | 3:15:00  | 4:16:05  |
| 9:50   | 30:32 | 49:10   | 61:03 | 1:38:20  | 2:07:55 | 2:27:30  | 3:03:12 | 3:16:40  | 4:18:20  |
| 9:55   | 30:47 | 49:35   | 61:34 | 1:39:10  | 2:09:02 | 2:28:45  | 3:04:45 | 3:18:20  | 4:20:35  |
| 10:00  | 31:03 | 50:00   | 62:05 | 1:40:00  | 2:10:06 | 2:30:00  | 3:06:18 | 3:20:00  | 4:22:50  |

## Constant Pace Time Chart

| 1 mile | 5 km  | 5 miles | 10 km | 10 miles | Half M  | 15 miles | 30 km   | 20 miles | Marathon |
|--------|-------|---------|-------|----------|---------|----------|---------|----------|----------|
| 10:05  | 31:20 | 50:25   | 62:39 | 1:40:50  | 2:12:05 | 2:31:15  | 3:07:51 | 3:21:40  | 4:24:11  |
| 10:10  | 31:35 | 50:50   | 63:11 | 1:41:40  | 2:13:11 | 2:32:30  | 3:09:24 | 3:23:20  | 4:26:22  |
| 10:15  | 31:51 | 51:15   | 63:42 | 1:42:30  | 2:14:16 | 2:33:45  | 3:10:57 | 3:25:00  | 4:28:33  |
| 10:20  | 32:06 | 51:40   | 64:13 | 1:43:20  | 2:15:22 | 2:35:00  | 3:12:30 | 3:26:40  | 4:30:44  |
| 10:25  | 32:22 | 52:05   | 64:44 | 1:44:10  | 2:16:27 | 2:36:15  | 3:14:03 | 3:28:20  | 4:32:55  |
| 10:30  | 32:37 | 52:30   | 65:15 | 1:45:00  | 2:17:33 | 2:37:30  | 3:15:36 | 3:30:00  | 4:35:06  |
| 10:35  | 32:53 | 52:55   | 65:46 | 1:45:50  | 2:18:38 | 2:38:45  | 3:17:09 | 3:31:40  | 4:37:17  |
| 10:40  | 33:08 | 53:20   | 66:17 | 1:46:40  | 2:19:44 | 2:40:00  | 3:18:42 | 3:33:20  | 4:39:28  |
| 10:45  | 33:24 | 53:45   | 66:48 | 1:47:30  | 2:20:49 | 2:41:15  | 3:20:15 | 3:35:00  | 4:41:39  |
| 10:50  | 33:40 | 54:10   | 67:19 | 1:48:20  | 2:21:55 | 2:42:30  | 3:21:48 | 3:36:40  | 4:43:50  |
| 10:55  | 33:55 | 54:35   | 67:50 | 1:49:10  | 2:23:00 | 2:43:45  | 3:23:21 | 3:38:20  | 4:46:01  |
| 11:00  | 34:11 | 55:00   | 68:21 | 1:50:00  | 2:24:06 | 2:45:00  | 3:24:54 | 3:40:00  | 4:48:12  |
| 11:05  | 34:26 | 55:25   | 68:52 | 1:50:50  | 2:25:11 | 2:46:15  | 3:26:27 | 3:41:40  | 4:50:23  |
| 11:10  | 34:42 | 55:50   | 69:23 | 1:51:40  | 2:26:17 | 2:47:30  | 3:28:00 | 3:43:20  | 4:52:34  |
| 11:15  | 34:57 | 56:15   | 69:54 | 1:52:30  | 2:27:22 | 2:48:45  | 3:29:33 | 3:45:00  | 4:54:45  |
| 11:20  | 35:13 | 56:40   | 70:26 | 1:53:20  | 2:28:28 | 2:50:00  | 3:31:06 | 3:46:40  | 4:56:56  |
| 11:25  | 35:28 | 57:05   | 70:57 | 1:54:10  | 2:29:33 | 2:51:15  | 3:32:39 | 3:48:20  | 4:59:07  |
| 11:30  | 35:44 | 57:30   | 71:28 | 1:55:00  | 2:30:39 | 2:52:30  | 3:34:12 | 3:50:00  | 5:01:18  |
| 11:35  | 35:59 | 57:55   | 71:59 | 1:55:50  | 2:31:44 | 2:53:45  | 3:35:45 | 3:51:40  | 5:03:29  |
| 11:40  | 36:15 | 58:20   | 72:30 | 1:56:40  | 2:32:50 | 2:55:00  | 3:37:18 | 3:53:20  | 5:05:40  |
| 11:45  | 36:30 | 58:45   | 73:01 | 1:57:30  | 2:33:55 | 2:56:15  | 3:38:51 | 3:55:00  | 5:07:51  |
| 11:50  | 36:46 | 59:10   | 73:32 | 1:58:20  | 2:35:01 | 2:57:30  | 3:40:24 | 3:56:40  | 5:10:02  |
| 11:55  | 37:02 | 59:35   | 74:03 | 1:59:10  | 2:36:06 | 2:58:45  | 3:41:57 | 3:58:20  | 5:12:13  |
| 12:00  | 37:17 | 60:00   | 74:34 | 2:00:00  | 2:37:12 | 3:00:00  | 3:43:30 | 4:00:00  | 5:14:24  |
| 12:05  | 37:33 | 60:25   | 75:05 | 2:00:50  | 2:38:17 | 3:01:15  | 3:45:03 | 4:01:40  | 5:16:35  |