

**MARATHON TRAINING PROGRAMME 2012**  
**(Weekly programme running Saturday - Friday)**

| WEEK          | RUN TYPE   | COMMENT  | WEEK           | RUN TYPE   | COMMENT   |
|---------------|------------|--|----------------|------------|---|
| 1<br>07.01.12 | Distance 1 | 12 miles flat (Portchester, Pt Solent & IBM)                   | 8<br>25.02.12  | Distance 1 | 18 miles flat:- Southsea, Drayton, Cosham             |
|               | Threshold  | Kenyan Hills (2x4 ,2x5 and 6 mins)                             |                | Threshold  | 3 x timed miles (+ warm down 7.5 miles total)         |
|               | Distance 2 | 8 miles with a hill  |                | Distance 2 | 8 miles at an easy pace                               |
|               | Extra      | 10 miles at comfortable pace                                   |                | Extra      | 12 miles at marathon pace                             |
| 2<br>14.01.12 | Distance 1 | 14 miles with hills (Farlington Reserve + PDH)                 | 9<br>03.03.12  | Distance 1 | 18 miles with hills - Fareham, Southwick              |
|               | Threshold  | 4 miles at 10 k pace (with intervals)                          |                | Threshold  | None. 5 mile recovery run only.                       |
|               | Distance 2 | 8 miles flat   |                | Distance 2 | 8 miles flat  |
|               | Extra      | 8 - 10 miles on road or <b>Stubbington 10k (HRRL)</b>          |                | Extra      | 5 miles threshold of your choice                      |
| 3<br>21.01.12 | Distance 1 | 16 miles flat (Long Southsea)                                  | 10<br>10.03.12 | Distance 1 | 20 miles flat - Southsea, Cosham                      |
|               | Threshold  | 3 miles at 5k pace (+ fartleking)                              |                | Threshold  | Interval training (400m and 800m)                     |
|               | Distance 2 | 8 miles with intervals   |                | Distance 2 | 10 miles flat   |
|               | Extra      | 10 miles on road   |                | Extra      | <b>Salisbury 10 (HRRL) (11/3)</b> or 12 miles on road |
| 4<br>28.01.12 | Distance 1 | 16 miles with hills - Havant and Purbrook                      | 11<br>17.03.12 | Distance 1 | 24 miles with hills                                   |
|               | Threshold  | 3 x timed miles (+ warm down 7.5 miles total)                  |                | Threshold  | None. 6 mile gentle recovery run                      |
|               | Distance 2 | 6 miles at 10k pace  |                | Distance 2 | 6 miles flat  |
|               | Extra      | 8 miles on road  |                | Extra      | 12 miles with 4 miles at 10k pace                     |
| 5<br>04.02.12 | Distance 1 | 18 miles with hills (Bob's Denmead Tour)                       | 12<br>24.03.12 | Distance 1 | 15 miles with four hills (as 11.02.12)                |
|               | Threshold  | 10 x 200m with 2 min intervals                                 |                | Threshold  | 5 miles recovery                                      |
|               | Distance 2 | 8 miles at comfortable pace                                    |                | Distance 2 | 8 miles flat  |
|               | Extra      | <b>Ryde 10 (HRRL)</b> or same distance at fast pace            |                | Extra      | <b>Eastleigh 10K (HRRL) (25/3)</b> or 8 miles on road |
| 6<br>11.02.12 | Distance 1 | 15 miles with four hills                                       | 13<br>31.03.12 | Distance 1 | 16 miles with hills (Portchester, Southwick)          |
|               | Threshold  | Kenyan Hills (15 minutes)                                      |                | Threshold  | Kenyan Hills (2x4 ,2x5 and 6 mins)                    |
|               | Distance 2 | 5.5 miles with a hill (The George)                             |                | Distance 2 | 7 miles with hills                                    |
|               | Extra      | <b>Meon Valley Plod or Bramley 20/10 (HRRL) (both on 12/2)</b> |                | Extra      | 8 miles at marathon pace                              |
| 7<br>18.02.11 | Distance 1 | 18 miles mixed: Catherington and return                        |                |            |   |
|               | Threshold  | 4 miles at 10k pace +  |                |            |   |
|               | Distance 2 | 5.5 miles with a hill (The George)                             |                |            |   |
|               | Extra      | 10 miles (5 at marathon pace 5 at 10k pace)                    |                |            |   |

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|----------------|------------|--|-----------------------------------|-----------------|---|
| 14<br>07.04.12 | Distance 1 | 16 miles with hills (Portchester, Southwick):<br><b>London only</b><br>10 miles - <b>Brighton and Lochaber</b> | 15<br>14.04.12<br><b>15.04.12</b> | Distance 1      | 12 miles flat (as week 1) ( <b>London only</b> )            |
|                | Threshold  | Kenyan Hills (2x4 ,2x5 and 6 mins) (All)   |                                   | Marathon        | <b>Brighton and Lochaber</b>                                |
|                | Distance 2 | 7 miles with hills ( <b>London only</b> )  |                                   | Threshold       | 5 miles flat (London)                                       |
|                | Extra      | 8 miles at marathon pace ( <b>London only</b> )  |                                   | Distance 2      | 3 miles at a very gentle pace (London)                      |
|                |            |  | 21.04.12                          | Distance 1      | <i><b>Dave Byng's marathon tips. Turn up and enjoy!</b></i> |
|                |            |  | <b>22.04.12</b>                   | <b>Marathon</b> | <b>London - enjoy!</b>                                      |

**NOTES:**

1. The marathon training programme is designed to prepare you for either the Brighton or Lochaber marathons on 15<sup>th</sup> April, the London on 22<sup>nd</sup> April or Stratford and Milton Keynes on 29<sup>th</sup> April; or indeed any other spring marathon being run in April or May 2012. 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. 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. 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. Finally, and most importantly, **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!
6. Please contact me if you have any questions on this programme on 07801 596593 or by e-mail at [chris19dh@aol.com](mailto:chris19dh@aol.com).

*Chris Brier*