

MARATHON TRAINING 2012
PROPOSED GROUP SATURDAY RUNS
(MEET AT 0845 TO START RUNNING AT 0900 PROMPT)

DATE (Saturday)	RUN	COMMENT
7 Jan	Introductory run of 12 miles	Portchester Castle, Port Solent and IBM
14 Jan	14 miles with hills (Farlington & PDH)	Farlington Marshes and PDH
21 Jan	16 miles flat	To include Old Portsmouth, Eastney and Cosham
28 Jan	16 miles with hills	Havant and Purbrook
4 Feb	18 miles with hills	Bob Maguire's tour of Denmead!
11 Feb	15 miles with hills	Up and down PDH four times!
18 Feb	18 miles mixed	Catherington and return
25 Feb	18 miles flat	Southsea, Farlington, Cosham
3 Mar	18 miles with hills	Fareham, Boarhunt, Southwick
10 Mar	HALF MARATHON or 20 miles flat	A half marathon e.g. Inverness, Fleet or Reading or long Southsea, Farlington etc
17 Mar	24 miles with hills	The Big One!
24 Mar	15 miles with hills	Up and down PDH four times! (as 11 Feb)
31 Mar	16 miles with hills	Portchester, Southwick
7 Apr	16 miles flat 10 miles flat	Portchester, Wicor Mill - London only Farlington Bird reserve - Brighton and Lochaber
14 Apr	12 miles flat	As for 7th Jan but in reverse - London
15 Apr	Marathon	Brighton and Lochaber
21 Apr	Dave's hot tips for London runners!	Hilsea foreshore
22 Apr	London Marathon	Enjoy yourself - you've earned it!

NOTES:

1. The marathon training programme is designed to prepare you for either the Brighton or Lochaber marathons on 15th April, the London on 22nd April or Stratford and Milton Keynes on 29th 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. A detailed programme based on 4 sessions a week is available on request.
4. The runs can be undertaken in any order.
5. 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. 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!
6. Please note the start time of **0900 prompt**. This is the time that we will leave the Centre; if you arrive late then you will have to catch up.
7. **Listen to your body**. If you are injured or tired then do not run. Do something else, i.e. swim or cycle, or just rest.

Finally, and even most importantly, **ENJOY!!**

Chris Brier