

Marathon Training Schedule Spring 2012

This training schedule is geared towards targeting one of several marathons in April 2012, with a generic end target of the Virgin London Marathon on 22nd April. It can also be used for Sussex, Taunton, Lochaber, Brighton, Milton Keynes or other Spring marathons with minor adjustments in the taper phase, or as a guide for May marathons such as Stratford or Edinburgh, but care should be taken and if possible you should contact the group leaders 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 etc, so it is just a guide. The weekday sessions are usually on Tuesday and Thursday: these have been worked out with the Marathon Group Leaders (Russ, Tony, Howard and Derek will all be assisting) and we will try to stick to them each week with our regular PJC group from the Mountbatten Centre. They are deliberately easier following hard races on Sundays. Page 2 has further information relating to pace guides and heart rates for various training bands, and page 5 has target pace guides and race times for sub 3:00, 3:05, 3:10, 3:15 and 3:30.

We have included some key races with target times to aim for in relation to various marathon targets, plus a Race Time Prediction Chart 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 Time Chart to show split times at various distances in relation to constant mile pace. Alternative target races are included as options (e.g. Fleet/Reading/Hastings etc), but the goal time remains the same. Bramley is early in the year and so is targeted at around marathon pace, though you should run it quite hard, then it may be useful for you to run a second 20 mile race at quicker than marathon pace, as per the guide race equivalent times. Note if you go quicker that doesn't necessarily mean you are on for a much quicker marathon (!) and vice versa – these are indicative targets.

Russ, Howard, Tony and Derek

Marathon Training Schedule Spring 2011

Run Type	% HR Reserve	HR BPM	Predicted Pace	Target Race Time
VO2 Max	91 – 94			
Lactate Threshold	77 – 88			
Marathon Race Pace	73 – 84			
Medium/Long Run	65 – 78			
General Aerobic	62 – 75			
Recovery	< 70			
SSFF				
Stubbington 10k				
Ryde 10				
Bramley 20				
Salisbury 10				
Eastleigh 10k				

HR Reserve Formula: % HR Reserve Required x HR Reserve (Max HR – Resting HR) + Resting HR (e.g. 80% (0.8) x 143 (185 – 42) + 42 = 156.4)

VO2 Max (VO2): The maximal amount of oxygen your heart can pump to your muscles and your muscles can then use to produce energy. As a pace guide, this relates to short, fast intervals at or quicker than 5km race pace.

Lactate Threshold (LT): The exercise intensity above which your rate of lactate production is substantially greater than your rate of lactate clearance. At effort levels above your lactate threshold, the lactate concentration rises in your muscles and blood, thereby reducing the muscles' ability to contract. You can't, therefore, maintain a pace faster than your lactate threshold pace for more than a few miles (10 mile to Half Marathon race pace).

Medium/Long Run (M/LR): Medium-Long Runs are of 10–15 Miles in length at 30 to 60 secs per mile slower than predicted marathon race pace (PMP). Long Run is any run of 16 Miles or longer at 40 to 80 secs per mile slower than predicted marathon race pace (PMP).

General Aerobic (GA): Slower than Lactate Threshold runs, shorter than medium-long runs and faster than recovery runs. Intention is to enhance overall aerobic conditioning over 5–10 miles in length at 40 to 80 seconds per mile slower than predicted marathon race pace (PMP).

Recovery: Relatively short runs done at a relaxed pace to enhance recovery for your next workout. They are usually 2–6 miles in length at 60 to 100 seconds per mile slower than predicted marathon race pace (PMP).

Initial Build Up and Endurance Phase

Week 18 • Easy w/b 19.12.11	Week 17 • Easy w/b 26.12.11	Week 16 • Easy w/b 02.01.12	Week 15 • Hard w/b 09.01.12	Week 14 • Hard w/b 16.01.12	Week 13 • Hard w/b 23.01.12
		Race Option Lord Wandsworth XC			
	Race Option Pub to Pub	Steady Run 8 miles @ GA pace	Intervals 4 x 1600m @ LT Pace	Threshold 8 miles inc 30 mins @ LT Pace	Horrible Hills 6 x 800m @ VO2 Pace
		Steady Run 8 miles with hills @ GA Pace	Steady Run 10 miles @ GA Pace	Steady Run 10 miles @ GA Pace	Progressive Run 10 miles @ Progressive pace
	Review Point 1 Check goals and revise schedule				Review Point 2 Check goals and revise schedule
		Long Run 14 miles SSFS		Long Run 18 miles SSFS	Long Run 20 miles SSFF
			Race Stubbington Green 10km		

Pace Guide

MP: Marathon Pace
Target Marathon race pace

LT Pace: Threshold Pace
@ current 10 mile to Half
Marathon race pace

VO2: VO2 Max Pace
@ 5km to 10km race pace

GA Pace: Steady Run
@ 30 seconds per mile
slower than target
Marathon race pace

Progressive Run
Start @ 60 seconds per
mile slower than target
Marathon race pace,
building in stages to @ 30
seconds per mile faster
than Marathon race pace

Long Run
Start @ 90 seconds per
mile slower then run @ 60
seconds per mile slower
than Marathon race pace

SSFS
Start slow, finish slow

SSFF
Start slow, finish at MP

Endurance + Lactate Threshold Phase

Week 12 • Easy w/b 30.01.12	Week 11 • Hard w/b 06.02.12	Week 10 • Hard w/b 13.02.12	Week 09 • Hard w/b 20.02.12	Week 08 • Easy w/b 27.02.12	Week 07 • Hard w/b 05.03.12
Threshold 10km Timed Run @ LT Pace	Threshold 2 x 18 minutes @ LT Pace	Horrible Hills 6 x 800m @ VO2 Pace	GA + Speed 9 miles with 10 x Yasso 800m	Threshold 10km Timed Run @ LT Pace	Mile Reps 4 x 1600m @ LT Pace
Steady Run 10 miles @ GA Pace	Progressive Run 10 miles @ Progressive Pace	Steady Run 10 miles @ GA Pace	Steady Run + MP 10 miles including 5 miles @ MP	Progressive Run 12 miles @ Progressive Pace	Steady Run + MP 12 miles including 5 miles @ MP
Pace Setting Check goals and plan schedule			Review Point 1 Check goals and revise schedule		Review Point 4 Check goals and revise schedule
	Long Run 16 miles SSFF		Long Run 18 miles SSFS	Long Run 20 miles SSFS	
Race Ryde 10		Race Bramley 20			Race Salisbury 10

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Progressive Run
Start @ 60 seconds per
mile slower than target
Marathon race pace,
building in stages to @ 30
seconds per mile faster
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mile slower than run @ 60
seconds per mile slower
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Threshold + Taper and Race Preparation Phase

Week 06 • Hard w/b 12.03.12	Week 05 • Hard w/b 19.03.12	Week 04 • Hard w/b 26.03.12	Week 03 • Taper w/b 02.04.12	Week 02 • Taper w/b 09.04.12	Week 01 • Taper w/b 16.04.12
	Week 04 marathon runners begin their taper		Week 02 marathon runners begin their taper	Week 01 marathon runners begin their taper	
Horrible Hills 6 x 800m @ VO2 Pace	GA + Speed 9 miles with 6 x Yasso 800m	Threshold 10km Timed Run @ LT Pace	VO2 Max 8 miles with 12 x 400m @ 5k pace	Intervals Including 10 x 400m strides	Recovery 6 miles + some gentle strides
Progressive Run 12 miles @ Progressive Pace	Steady Run 12 miles @ GA Pace	Progressive Run 10 miles @ Progressive Pace	Race Pace Run 10 miles including 5 miles @ MP	Easy Run 8 miles @ Long Run pace	Recovery 4 miles + some gentle strides
Review Point 2 Check goals and revise schedule			Final Review Check goals and finalise schedule		
Long Run 20 miles SSFF	Long Run 22 miles SSFS	Long Run 20 miles SSFS	Long Run 16 miles SSFF	Long Run 12 miles SSFS	
	Race Eastleigh 10km Hastings Half M Fleet Half M	Target Race Sussex M Taunton M Reading Half M		Target Race Lochaber M Brighton M	Target Race London M

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Progressive Run
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mile slower than target
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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
Threshold	6:10 mile	6:20 mile	6:30 mile	6:45 mile	7:15 mile
Tempo	6:20 mile	6:30 mile	6:45 mile	6:55 mile	7:30 mile
Steady pace	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
Bramley 20	2:16:00	2:20:00	2:24:00	2:28:00	2:38:00
20 Mile Option	2:14:00	2:18:00	2:21:00	2:25:00	2:35:00
10 Mile Option	1:03:00	1:05:00	1:07:00	1:08:00	1:14:00
Half Marathon	1:24:00	1:27:00	1:30:00	1:32:00	1:39:00

Pace Guide

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@ 5km to 10km race pace

GA Pace: Steady Run
@ 30 seconds per mile slower than target Marathon race pace

Progressive Run
Start @ 60 seconds per mile slower than target Marathon race pace, building in stages to @ 30 seconds per mile faster than Marathon race pace

Long Run
Start @ 90 seconds per mile slower then run @ 60 seconds per mile slower than Marathon race pace

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