

2019 MARATHON TRAINING PLAN

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30-Jun	WEEK 1	STRETCH AND STRENGTH	3 M RUN	4X800 @ 10K PACE	5 M RUN + STRENGTH	HILLS	REST	10 M RUN
7-Jul	WEEK 2	STRETCH AND STRENGTH	3 M RUN	6X400 @ 5K PACE	5 M RUN + STRENGTH	HILLS	REST	11 M RUN
14-Jul	WEEK 3	STRETCH AND STRENGTH	3.5 M RUN	LADDER 400/800/1200	6 M RUN + STRENGTH	HILLS	REST	8 M RUN
21-Jul	WEEK 4	STRETCH AND STRENGTH	4 M RUN	5X800 @ 10K PACE	6 M RUN + STRENGTH	HILLS	REST	13 M RUN
28-Jul	WEEK 5	STRETCH AND STRENGTH	3 M RUN	2x1600 @ RACE PACE	7 M RUN + STRENGTH	HILLS	REST	14 M RUN
4-Aug	WEEK 6	STRETCH AND STRENGTH	3 M RUN	LADDER 400/800/1200	7 M RUN + STRENGTH	HILLS	REST	10 M RUN
11-Aug	WEEK 7	STRETCH AND STRENGTH	3.5 M RUN	6X800 @ 10K PACE	8 M RUN + STRENGTH	HILLS	REST	16 M RUN
18-Aug	WEEK 8	STRETCH AND STRENGTH	4 M RUN	3x1600 @ RACE PACE	8 M RUN + STRENGTH	HILLS	REST	17 M RUN
25-Aug	WEEK 9	STRETCH AND STRENGTH	4 M RUN	LADDER 400/800/1200	8 M RUN + STRENGTH	HILLS	REST	14 M RUN
1-Sep	WEEK 10	STRETCH AND STRENGTH	3 M RUN	7X800 @ 10K PACE	6 M RUN + STRENGTH	HILLS	REST	19 M RUN
8-Sep	WEEK 11	STRETCH AND STRENGTH	4 M RUN	4x1600 @ RACE PACE	6 M RUN + STRENGTH	HILLS	REST	20 M RUN
15-Sep	WEEK 12	STRETCH AND STRENGTH	5 M RUN	LADDER 400/800/1200	8 M RUN + STRENGTH	HILLS	REST	12 M RUN
22-Sep	WEEK 13	STRETCH AND STRENGTH	3 M RUN	7X800 @ 10K PACE	6 M RUN + STRENGTH	HILLS	REST	20 M RUN
29-Sep	WEEK 14	STRETCH AND STRENGTH	4 M RUN	3x1600 @ RACE PACE	8 M RUN + STRENGTH	HILLS	REST	12 M RUN
6-Oct	WEEK 15	STRETCH AND STRENGTH	5 M RUN	LADDER 400/800/1200	7 M RUN + STRENGTH	HILLS	REST	20 M RUN
13-Oct	WEEK 16	STRETCH AND STRENGTH	4 M RUN	7X800 @ 10K PACE	8 M RUN + STRENGTH	HILLS	REST	12 M RUN
20-Oct	WEEK 17	STRETCH AND STRENGTH	5 M RUN	2x1600 @ RACE PACE	5 M RUN + STRENGTH	HILLS	REST	8 M RUN
27-Oct	WEEK 18	STRETCH AND STRENGTH	4 M RUN	30 MIN TEMPO	5 M RUN + STRENGTH	2 M PACE	REST	2 MILE EASY