

MARATHON TRAINING PROGRAM

OBJECTIVE 3H45



Specific Physical Preparedness
4 training sessions per week for 10 weeks

WEEK 01

Session 01 FRACTIONED

Warming up + 5x1500m in 7min30
2min recovery jog
Calm pace 15min at pace 1

Session 02 JOGGING

1h endurance at pace 1 or 2
10min abdominals/sheathing
10mn stretches

Session 03 HILL

Warming up + 15x20sec on slope
Recovery downhill jog (on a moderate slope - Run fast and relaxed without sprinting)
Calm pace 15min at pace 1

Session 04 LONG OUTING

30min endurance at pace 2 + 4x10min at a speed of 4min15 per km
3min recovery between each
Calm pace 11min at pace 1
TOTAL 1H30

WEEK 02

Session 01 FRACTIONED

Warming up + 3000m in 16min54 / 2000m in 10min / 2000m in 9min24 / 1000m in 4min26
Calm pace 15min at pace 1

Session 02 JOGGING

1h endurance at pace 1 or 2
10min abdominals/sheathing
10mn stretches

Session 03 HILL

Warming up + 2 series of 6x30sec on a moderate slope
Recovery downhill jog and 3min between each serie
Calm pace 15min at pace 1

Session 04 LONG OUTING

1h45 at gradually to pace 2

WEEK 03

Session 01 FRACTIONED

Warming up + 8x1000m, between 5min and 4min42
1min30 recovery jog between each
Calm pace 15min at pace 1

Session 02 JOGGING

1h15 endurance at pace 2
10min abdominals/sheathing
10mn stretches

Session 03 HILL

Warming up + 10x40sec on a moderate slope
Recovery downhill jog
Calm pace 15min at pace 1

Session 04 LONG OUTING

40min endurance at pace 2
4x15min at a speed of 5min20 per km
3min recovery between eachque
Calm pace 11min at pace 1
TOTAL 2H00

WEEK 04

Session 01 FRACTIONED

Warming up + 3x2500m in 9min47
3min recovery jog
Calm pace 15min at pace 1

Session 02 JOGGING

1h15 endurance at pace 1 or 2
10min abdominals/sheathing
10mn stretches

Session 03 HILL

Warming up + 4 series of 30sec/20sec/10sec on a moderate slope
Recovery downhill jog (on a moderate slope - Run fast and relaxed without sprinting)
Calm pace 15min at pace 1

Session 04 LONG OUTING

1h30 at gradually to pace 2

WEEK 05

Session 01 FRACTIONED

Warming up + 5000m in 26min40 (2min recovery jog) / 2000m in 10min (2min recovery jog) / 1000m in 4min42
Calm pace 15min at pace 1

Session 02 JOGGING

1h15 endurance at pace 2
10min abdominals/sheathing
10mn stretches

Session 03 JOGGING

45min at pace 1 + 10x100m in progressive acceleration
Recovery jog back to the starting point

Session 04 PRE-COMPETITION

30min at pace 2 including 1km at half-marathon speed

Session 05 PREPARATORY COMPETITION

20min endurance at pace 2 + a half marathon in 1h45
Calm pace 10min at pace 1
TOTAL 2H15

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Specific Physical Preparedness
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WEEK 06

Session 01 JOGGING

1h endurance at pace 1

Session 02 MARATHON SPEED

1h15 endurance at pace 1 or 2
including 20min at marathon speed

Session 03 FRACTIONED

Warming up + 10x800m in 3min
1min30 recovery jog
Calm pace 15min at pace 1

Session 04 REST/JOG

Rest or 1h15 endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

50min endurance at pace 2
3x20min at a speed of 4min15 per km
3min recovery between each
Calm pace 15min at pace 1
TOTAL 2H10

WEEK 07

Session 01 FRACTIONED

Warming up + 3x3000m in 11min45
Récupération de 400m au trot
Calm pace 15min at pace 1

Session 02 JOGGING

1h15 endurance at pace 2
10min abdominals/sheathing
10mn stretches

Session 03 FRACTIONED

Warming up +10 à 12x500m in 1min45
1min30 recovery jog
Calm pace 15min at pace 1

Session 04 REST/JOG

Rest or 1h15 endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

2h20 at pace 2

WEEK 08

Session 01 FRACTIONED

+ 2x4000m in 17min00 and 16min00
Récupération de 400m au trot
Calm pace 15min at pace 1

Session 02 JOGGING

1h15 endurance at pace 2
10min abdominals/sheathing
10mn stretches

Session 03 FRACTIONED

Warming up + 8x600m between 2min13 and 2min061
Recovery : 200m jog between 2min30 and 2min22

Session 04 REST/JOG

Rest or 1h15 endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

40min endurance at pace 2 + 4x15min at a speed of 4min15 per km
3min recovery between each
Calm pace 11min at pace 1
TOTAL 2H00

WEEK 09

Session 01 MARATHON JOGGING

30min at pace 2 + 5000m in 21min20
Calm pace 10min at pace 2

Session 02 JOGGING

1h endurance at pace 2
10min abdominals/sheathing
10mn stretches

Session 03 FRACTIONED

Warming up + 6x500m in 1min51
1min10 recovery jog

Session 04 JOGGING

1h20 endurance at pace 2

WEEK 10

Session 01 MARATHON JOGGING

20min at pace 2 + 2000m in 8min30
Calm pace 10min at pace 2

Session 02 JOGGING

Between 30 to 40min at pace 1 or 2
10mn stretches

Session 03 PRE-COMPETITION

20min endurance at pace 2
10mn stretches

Session 04 COMPETITION

MARATHON
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