

# MARATHON TRAINING PROGRAM

## OBJECTIVE 4H30



Specific Physical Preparedness  
3 training sessions per week for 10 weeks

### WEEK 01

#### Session 01 FRACTIONED

Warming up + 4x1500m  
between 8min15 and 7min50  
2min recovery jog  
Calm pace 15min at pace 1

#### Session 02 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 03 LONG OUTING

1H30 ENDURANCE AT PACE 2

### WEEK 02

#### Session 01 FRACTIONED

Warming up + 3000m in 18min  
/ 2000m in 10min42 / 2000m  
in 10min42  
Calm pace 15min at pace 1

#### Session 02 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 03 LONG OUTING

1h45 at gradually to pace 2

### WEEK 03

#### Session 01 FRACTIONED

Warming up + 7x1000m between  
5min45 and 5min25  
1min45 recovery jog between  
each  
Calm pace 15min at pace 1

#### Session 02 HILL

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

#### Session 03 LONG OUTING

2h at gradually to pace 2

### WEEK 04

#### Session 01 FRACTIONED

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

#### Session 02 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 03 LONG OUTING

1h45 at gradually to pace 2

### WEEK 05

#### Session 01 FRACTIONED

Warming up + 5000m in 30min  
(2min recovery jog) / 2000m in  
11min40 (2min recovery jog) /  
1000m in 5min25  
Calm pace 15min at pace 1

#### Session 02 PRE-COMPETITION

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

#### Session 03 PREPARATORY COMPETITION

12min warming up + half-  
marathon in 2h08  
TOTAL 2H20

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### WEEK 06

#### Session 01 MARATHON SPEED

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

#### Session 02 FRACTIONED

Warming up + 7x800m in 4min30  
2min recovery jog  
Calm pace 15min at pace 1

#### Session 03 LONG OUTING

2h10 endurance at pace 2

### WEEK 07

#### Session 01 FRACTIONED

Warming up + 2x3000m in 18min and 17min30  
400m recovery jog  
Calm pace 15min at pace 1

#### Session 02 FRACTIONED

Warming up + 8x500m in 2min25  
Recovery downhill jog and 3min between each serie  
Calm pace 15min at pace 1

#### Session 03 LONG OUTING

2h20 endurance at pace 2

### WEEK 08

#### Session 01 FRACTIONED

Warming up + 2x4000m in 23min  
400m recovery jog  
Calm pace 15min at pace 1

#### Session 02 FRACTIONED

Warming up + 8x600m in 3min18  
200m recovery jog  
Calm pace 15min at pace 1

#### Session 03 LONG OUTING

2h00 endurance at pace 2

### WEEK 09

#### Session 01 MARATHON JOGGING

30min at pace 2 + 5000m in 30min50  
Calm pace 15min at pace 1

#### Session 02 FRACTIONED

Warming up + 6x500m in 2min28  
1min10 recovery jog  
1min10 recovery jog

#### Session 03 LONG OUTING

1h20 endurance at pace 22

### WEEK 10

#### Session 01 MARATHON JOGGING

20min at pace 2 + 2000m in 12min20  
Calm pace 10min at pace 1

#### Session 02 PRE-COMPETITION

20min endurance at pace 2  
10mn stretches

#### Session 03 COMPETITION

**MARATHON**  
**OBJECTIVE 4H30**