MARATHON TRAINING PROGRAM OBJECTIVE 16 WEEKS FINISHER



Specific Physical Preparedness 3 training sessions per week for 16 weeks

Session 01 JOGGING 45min in respiratory ease Session 02 HILL 30min warm-up + 6 to 8x20sec fast on hillside Recovery by going back to the starting point Calm the pace 15min Session 03 LONG OUTING



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COACH'S ADVICE

1h00min in respiratory ease

For session of hill running, focus on the warm-up and then find a moderate hill to climb quickly. The distance for each effort must remain constant. So, you have to manage youself!

COACH'S ADVICE

Joggings and long outings must be lowintensity training. You must be able to talk without any problem while running!

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WEEK 03

Session 01 JOGGING

45min in respiratory ease

Session 02 HILL

30min warm-up
+ 8x30sec fast on hillside
Recovery by going back to the starting

Session 03 LONG OUTING

Calm the pace 15min

1h20min in respiratory ease

COACH'S ADVICE

The duration of the long outing increases a week to week, to build the essential endurance base. If necessary, you can even alternate walking and running during the first few sessions.

WEEK 04

Session 01 JOGGING

45min in respiratory ease

Session 02 HILL

30min warm-up + 10x15sec fast on hillside

Recovery by going back to the starting point

Calm the pace 15min

Session 03 LONG OUTING

1h00min in respiratory ease

COACH'S ADVICE

With fractioned training, shortness of breath is important: the effort is intense but it must remain under control! As usual, the distance covered with each effort must be relatively constant.

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Specific Physical Preparedness 3 training sessions per week for 16 weeks









COACH'S ADVICE

In respiratory comfort, you must be able to speak while running. The training is at low intensity. The fractionated is more intense but the pace must remain balanced and controlled, with moderate shortness of breath.

COACH'S ADVICE

The duration of the long outing increases a week to week, to build the essential endurance base. If necessary, you can even alternate walking and running during the first few sessions.

COACH'S ADVICE

Take advantage of the long outings to test the equipment you want to use during the race.

Also remember to test your supplies (energy gels for example).

COACH'S ADVICE

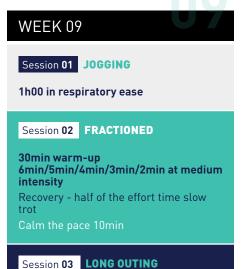
With fractioned training, shortness of breath is important: the effort is intense but it must remain under control! As usual, the distance covered with each effort must be relatively constant.

"

MARATHON TRAINING PROGRAM OBJECTIVE 16 WEEKS FINISHER



Specific Physical Preparedness 3 training sessions per week for 16 weeks



WEEK 10 Session 01 JOGGING 1h00 in respiratory ease Session 02 FRACTIONED 30min warm-up + 4x6min at medium intensity 3min recovery slow jog Calm the pace 10min Session 03 LONG OUTING 2h10min in respiratory ease

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COACH'S ADVICE

2h00min in respiratory ease

We're starting the most intense weeks of the plan, don't give up! To recover, remember to eat and drink plenty between sessions. Your quality of sleep is also very important.

The last long outing, the last opportunity to test the shoes you will wear the day. It's forbidden to change them up to two weeks before the marathon to avoid any problems related to wearing new shoes. "

COACH'S ADVICE

WEEK 11

Session 01 JOGGING

1h00 in respiratory ease

Session 02 FRACTIONED

30min warm-up 2min/4min/6min/4min/2min at medium intensity

Recovery - half of the effort time slow

Session 03 LONG OUTING

2h20min in respiratory ease

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COACH'S ADVICE

Long outings are made to build a solid foundation for endurance. During training, never attempt to run the distance you would like to run in the competition, you may have a hard time recovering, and you may get injured by doing to many sessions, afterwards.

WEEK 12

Session 01 JOGGING

45min in respiratory ease

Session 02 FRACTIONED

30min warm-up

+ 10x1min at medium intensity

2min recovery slow jog Calm the pace 10min

Session 03 LONG OUTING

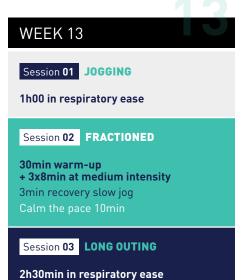
1h30min in respiratory ease

COACH'S ADVICE

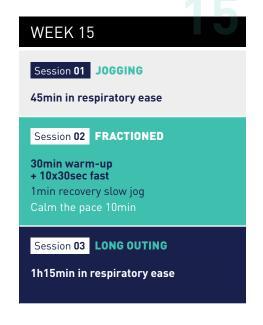
With fractioned training, remember to stay relaxed and focused on maintaining a fluid and efficient running technique. You must finish by feeling tense of extenuated.













COACH'S ADVICE

The final stretch, you've got to hold on! The long exit is the longest in the program. For the mext 72 hours, remember to refill on carbohydrates at each meal, but in normal amounts, foods that are rich in slow sugars.



COACH'S ADVICE

The last long outing, the last opportunity to test the shoes you will wear the day. It's forbidden to change them up to two weeks before the marathon to avoid any problems related to wearing new shoes.



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COACH'S ADVICE

Now you've put in all the work, let's move on to the pre-competitive release phase! You musn't try to do anymore, or to make up for any missed sessions. It's better to have one less session than one too many!

COACH'S ADVICE

This is it! If you don't want to make it hard on yourself at the end of the race don't start off fast. The marathon really begins on the 28th km. And above all, enjoy yourself! Your 1st marathon is an adventure that will last a lifetime!

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Training plan designed for novice runners, unfamiliar with fractions or technical notions of running training and starting with a marathon for the first time. First imperative precaution before starting training: make an appointment with a sports doctor and take an exercise test.

The coach: Olivier Gaillard, 2nd degree FFA Hors Stade coach, Urban Running coach, 1h09 in half marathon, 2h32 in marathon.