



Road Running Spring Marathon Training Sessions

Day/Date	Time/Meet	Route	Comments / Session
Tuesday/Wednesday Week 1 commencing 2/2/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	3 x 10 minute efforts at your threshold pace with 2 minute jog recoveries. 10 mile race pace comfortable hard.
Tuesday/Wednesday Week 2 commencing 9/2/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	12 mins / 5 x 2 mins /12 mins longer efforts at your threshold pace with 2 minute jog recoveries. 2 min short efforts at your 5 K pace.
Tuesday/Wednesday Week 3 commencing 16/2/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	3 x 15 minute efforts at a touch faster than your marathon pace with 3 minute jog recoveries.
Tuesday/Wednesday Week 4 commencing 23/2/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	10 x 5 minute efforts with 1 minute jog recoveries. Apart from after the 5 th effort a 2 minute recovery half way in. Start at MP and aim to make each one slightly faster
Tuesday/Wednesday Week 5 commencing 1/3/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	20 min MP /5 x 3 mins/20 mins MP. 3 minutes jog recoveries after and before the next 20mins M Pace. Then 90 seconds jog recovery between the 3 minute efforts.
Tuesday/Wednesday Week 6 commencing 8/3/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	24mins/18 mins/12mins/6mins/3mins Start at 24 mins M Pace and aim to make each effort gradually faster with 3 minutes jog recoveries.

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Tuesday/Wednesday Week 7 commencing 15/3/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	4 x 16 mins MP efforts Start 1 st 16 mins at M Pace and aim to make each one gradually faster with 3 minutes jog recoveries.

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Tuesday/Wednesday Week 8 commencing 22/3/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	25 mins MP/5 x 4mins/25mins MP efforts 3 minutes jog recoveries after and before the next 25 mins M Pace. Then 2 minutes jog recovery between the 4 minute efforts. 25 mins at MP 4 min efforts at threshold pace then final 25mins faster than 1 st .

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Tuesday/Wednesday Week 9 commencing 29/3/2016	Meet: 08:45 Start: 09:00 Kings Park	Promenade	24mins/18 mins/12mins/6mins/4mins/3mins/2mins/2mins Start 24 mins at M Pace and aim to make each effort gradually faster with 3 minutes jog recoveries after the 1 st 5 efforts then a 2 minute jog for the final 3 short efforts.

Day/Date	Time	Route	Comments / Session
Tuesday/Wednesday week 10 commencing 5/4/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	30mins MP/ 4 x 5 mins /30 mins MP 3 minute jog recovery after and before 30 mins MP. 2 minute jog recoveries between 5 min efforts. 1 st 30 min effort at MP, 5 mins at threshold pace then final 30 mins MP faster than the 1 st .

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Tuesday/Wednesday Week 11 commencing 12/4/2016	Meet: 18:00 Start: 18:15 Kings Park	Promenade	10 mins MP/ 8 x 2 mins 2 minutes jog after 10 min effort with 1 minute jog between 2 minute efforts. 10 mins MP with 2 mins efforts at Your 5k pace!!

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Tuesday/Wednesday Week 12 commencing 19/4/2016	Meet: 08:00 Start: 08:15 Kings park	Promenade	Meet up for a group steady 5 mile run with some dynamic strides. Taper Madness begins,

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Sunday 24/4/2016			London Marathon 2016 Good Luck All.
RACE DAY		VLM 2016 Race Day	It will all end in cheers at the Red Lion Pub after.

Run at **your current** marathon pace (MP) or lactic threshold pace for all the longer reps from 10 - 30 minutes and **your current 10 - 5k** pace for the shorter reps from 5 to 1 minutes. Lactic Threshold pace comfortable hard pace you can sustain for 10 miles e.g. : one word answer !! None conversational!!