

Foyle Valley Tue and Thurs Group training

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Date	Easy	Hills/Track	Easy	**Tempo	Easy	*Long	Rest
Week 1	06-Jan-14	30-40	20 wup/wdn; 6 hills	30-40	20 wup/wdn; 20 min tempo	30-40	2:00 plus adjustment	Rest
Week 2	13-Jan-14	30-40	20 wup/wdn; 7 hills	30-40	20 wup/wdn; 25 min tempo	30-40	2:15 plus adjustment	Rest
Week 3	20-Jan-14	30-40	22 wup/wdn; 7 hills	30-40	20 wup/wdn; 30 min tempo	30-40	2:20 plus adjustment	Rest
Week 4	27-Jan-14	30-40	22 wup/wdn; 8 hills	30-40	20 wup/wdn; 35 min tempo	30-40	2:40 plus adjustment	Rest
Week 5	03-Feb-14	30-40	22 wup/wdn; 9 hills	30-40	20 wup/wdn; 40 min tempo	30-40	2:40 plus adjustment	Rest
Week 6	10-Feb-14	30-40	25 wup/wdn; 6 x 800	30-40	25 wup/wdn; 30 min tempo	30-40	2:50 plus adjustment	Rest
Week 7	17-Feb-14	30-40	25 wup/wdn; 7 x 800	30-40	25 wup/wdn; 35 min tempo	Rest	3:00 plus adjustment	Rest
Week 8	24-Feb-14	30-40	25 wup/wdn; 8 x 800	30-40	30-40	Rest	Bundoran 10 Miler	Rest
Week 9	03-Mar-14	30-40	25 wup/wdn; 9 x 800	30-40	25 wup/wdn; 5 x 1 mile at 10k pace (2 mins rec)	30-40	3:00 plus adjustment	Rest
Week 10	10-Mar-14	30-40	28 wup/wdn; 10 x 800	30-40	25 wup/wdn; 5 x 1 mile at 10k pace (2 mins rec)	30-40	3:00 plus adjustment	Rest

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Week 11	17-Mar-14	30-40	28 wup/wdn; 9 x 800	30-40	30-40	Rest	Larne Half Marathon / 02:30:00	Rest
Week 12	24-Mar-14	30-40	28 wup/wdn; 8 x 800	30-40	30-40	Rest	Omagh Half Marathon / 02:30:00	Rest
Week 13	31-Mar-14	30-40	45/ Rest	01:30 / Rest	30-40	30- 40 / Rest	01:30/ 01:00	Rest
Week 14	07-Apr-14	Rest	Rest	Rest	30-40	Rest	Rest	London Marathon
Week 15	14-Apr-14	Rest	25 wup/wdn; 7 x 800/ Rest	Rest	25 wup/wdn; 45 min tempo / 30	Rest	2:50 plus adjustment/ Rest	Rest
Week 16	21-Apr-14	Rest	25 wup/wdn; 7 x 800	Rest	30-40	Rest	WM 10 Mile	Rest
Week 17	28-Apr-14	Rest	28 wup/wdn; 8 x 800	Rest	25 wup/wdn; 5 x 1 mile at 10k pace (2 mins rec)	Rest	3:00 plus adjustment	Rest
Week 18	05-May-14	Rest	28 wup/wdn; 10 x 800	Rest	25 wup/wdn; 5 x 1 mile at 10k pace (2 mins rec)	Rest	3:00 plus adjustment	Rest
Week 19	12-May-14	Rest	28 wup/wdn; 8 x 800	Rest	30-40	Rest	2:45 plus adjustment	Rest
Week 20	19-May-14	30-40	45	01:30	30-40	30- 40	01:30	Rest
Week 21	26-May-14	Rest	Rest	Rest	30-40	Rest	Rest	Walled City Marathon

This schedule incorporates the Benji Durden marathon training, Ref: <http://www.danbecker.info/triathlons/trainmarathon.html>

Some small changes have been made to suit the Foyle Valley Tue/Thurs Groups

Step 1

Find your interval, repetition and Tempo (**Threshold**) paces (Tuesday and Thursday) here:
<http://www.runsmartproject.com/calculator/>

Step 2

10-K time	Adjustment
-40:00	none
40:00	05:00
41:00	10:00
42:00	15:00
43:00	20:00
44:00	25:00
+44	30:00

Step 3

If you are doing the **London Marathon** then follow the **Blue** training and race plan.

If you are doing the **Walled City Marathon** then follow the **Red** training and race plan.

Bundoran 10 Miler is to be run at your half marathon pace- No fast or no slower

Any Questions on training please contact Declan Doherty on 07706258592

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TIPS

- To work out the pace of all your runs (including sessions) enter your 10k time into the VDOT Calculator see here: <http://www.runsmartproject.com/calculator/>
- Have an extra rest day if very tired or put in recovery running instead of a session.
- Try to include a Pilates/Body Balance or core workout x2 per week.

Use Cross Training options such as swimming and cycling to boost your week and add variation.

- Aim to include a Drills session on a Monday or Wednesday if possible.
- Get a massage once every 2-3 weeks.

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- Do your long runs at the same time as your half marathon / Marathon start time on at least 2-3 occasions.
- Practice eating your favorite pre-race meal /breakfast in training and with 2-3 hours before you run hard.
- Make sure you have completed sessions and half marathon pace runs in your racing shoes.
- Practice taking on water, gels and race drinks at race pace, not just on your easy runs.