

Your goal time
3:40:00

Your distance
Marathon

Your race date
30/10/2016

Our prediction i
3:44:26

Runs per week
2 3 **4**

Pace
Mild Average **Hard**

Get started

Your Plan

Take a tour!

Shift run days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preconditioning						
This phase is important to get your body ready to train for the marathon distance. There is lots of jogging in this phase so enjoy the pace and don't be tempted to speed up, you will have plenty of time to train harder in later phases.						
27 June 2016 Rest	28 Rest	29 Rest	30 Rest	1 July 2016 Rest	2 Rest	3 Rest
4 Rest	5 3mi Jog 10:32 min/mile	6 5.5mi Jog 10:32 min/mile	7 Rest	8 3mi Jog 10:32 min/mile	9 Rest	10 5.5mi Comfortable 9:39-8:45
Getting faster						
11 Rest	12 3mi Jog 10:32 min/mile	13 5.5mi Build-up 8:45-7:50	14 Rest	15 5.5mi Build-up 8:45-7:50	16 Rest	17 8.5mi Comfortable 9:39-8:45
18 Rest	19 3mi Jog 10:32 min/mile	20 5.5mi Fast 8:17-7:50	21 Rest	22 5.5mi Fast 8:17-7:50	23 Rest	24 11mi Comfortable 9:38-8:45
25 Rest	26 3mi Jog 10:31 min/mile	27 5.5mi Fast 8:16-7:50	28 Rest	29 Rest	30 3mi Jog 10:31 min/mile	31 July 2016 5.5mi Fast 8:16-7:50
1 August 2016 Rest	2 3mi Jog 10:31 min/mile	3 5.5mi Fast 8:16-7:50	4 Rest	5 5.5mi Fast 8:16-7:50	6 Rest	7 11mi Comfortable 9:36-8:43
8 Rest	9 3mi Jog 10:29 min/mile	10 5.5mi Comfortable 9:36-8:43	11 Rest	12 Rest	13 3mi Jog 10:29 min/mile	14 8.5mi Comfortable 9:36-8:43
Going further						
15 Rest	16 Rest	17 3mi Jog 10:29 min/mile	18 8.5mi Fast 8:29-8:14	19 Rest	20 3mi Jog 10:29 min/mile	21 5.5mi / 8.5mi Fast & Conf. 8:14-7:48 9:35-8:41
22 Rest	23 Rest	24 3mi Jog 10:28 min/mile	25 8.5mi Fast 8:27-8:14	26 Rest	27 3mi Jog 10:28 min/mile	28 8.5mi Comfortable 9:35-8:41
29 Rest	30 Rest	31 August 2016 3mi Jog 10:28 min/mile	1 September 2016 8.5mi Fast 8:27-8:12	2 Rest	3 3mi Jog 10:28 min/mile	4 5.5mi / 11.5mi Fast & Conf. 8:12-7:47 9:33-8:40

5	6	7	8	9	10	11
Rest	Rest	3mi Jog 10:26 min/mile	8.5mi Fast 8:25–8:12	Rest	3mi Jog 10:26 min/mile	5.5mi / 11.5mi Fast & Conf. 8:12–7:45 9:33–8:38
12	13	14	15	16	17	18
Rest	Rest	3mi Jog 10:24 min/mile	5.5mi Comfortable 9:31–8:38	Rest	3mi Jog 10:24 min/mile	8.5mi Comfortable 9:31–8:38
▶ Race simulation						
19	20	21	22	23	24	25
Rest	Rest	3mi Jog 10:24 min/mile	8.5mi Fast 8:24–8:11	Rest	3mi Jog 10:24 min/mile	18.5mi Pace 8:41 min/mile
26	27	28	29	30 September 2016	1 October 2016	2
Rest	Rest	3mi Jog 10:24 min/mile	8.5mi Fast 8:24–8:09	Rest	3mi Jog 10:24 min/mile	8.5mi Comfortable 9:30–8:37
3	4	5	6	7	8	9
Rest	Rest	3mi Jog 10:23 min/mile	5.5mi Fast 8:22–8:09	Rest	3mi Jog 10:23 min/mile	22mi Pace 8:41 min/mile
▶ Tapering & Race Day						
10	11	12	13	14	15	16
Rest	Rest	3mi Jog 10:23 min/mile	5.5mi Race-pace 8:37 min/mile	Rest	3mi Jog 10:23 min/mile	11mi Race-pace 8:37 min/mile
17	18	19	20	21	22	23
Rest	Rest	3mi Jog 10:23 min/mile	5.5mi Race-pace 8:35 min/mile	Rest	3mi Jog 10:23 min/mile	8.5mi Race-pace 8:35 min/mile
24	25	26	27	28	29	30
Rest	3mi Jog 10:23 min/mile	5.5mi Race-pace 8:35 min/mile	Rest	3mi Jog 10:23 min/mile	Rest	Marathon 8:29 min/mile
▶ Recovery						
31 October 2016	1 November 2016	2	3	4	5	6
Rest	Rest	Rest	Rest	Rest	Rest	3mi Jog 10:16 min/mile