



Jargon buster

Recovery run: Totally conversational and very easy. This is 6/10 for effort.

Steady run: Still conversational but 7/10 for effort. Be careful to still be in control.

Marathon pace: This depends on experience but it is your target pace per mile/km for race day. Be realistic and it should still be conversational if you're a beginner and slightly easier than threshold if you're experienced.

Threshold running: This is the bedrock to better performance and should be executed at three to four-word answer pace and CONTROLLED discomfort. You are just about running aerobically and feel controlled but as though you are also pushing it. This is 8.5/10.

Continuous hills/Kenyan hills: Run these at threshold intensity and NO harder. This is also 8.5/10 and maintain this effort up and down the hill. Fall forwards and remain light on your feet as you descend. 60 seconds up and 60 seconds down continuously is ideal on a gradient that doesn't require you to alter your style. Off road in the park is best.

10K pace and harder intervals: These will be run a little faster than threshold intensity and should still be paced at your target 10K PB and no quicker. Respect the session and remain even paced on each effort.

Cross training: Use this if sore to replace running and try to vary the kit used at your gym or outside in the park. You may choose to use a cross trainer, rower, bike or swim. Consider aqua jogging also as a great running specific form of cross training. If outside then use your mountain or road bike and maybe add an extra 25 per cent to the volume.

Core conditioning and Pilates: Follow the articles in previous issues of MR as a guide for your perfect core workout. 15 to 20 minutes are all that's needed if the exercises are good. Consider a Pilates class for improved stability and control if you have time.



By using a marathon training plan that focuses on time you'll no longer be a slave to mileage and could be headed for a new PB

It's no good putting it off any longer. It's the New Year and it's marathon time.

For some of you this will be exciting news and you have been itching to get stuck in for weeks. For others this is the moment you have been dreading; 'Just what was I thinking when I filled in those entry forms!' Well, we are determined to get you across the line safely.

Out with the old

These plans step away from the old mega-mileage philosophy and offer something modern that uses time versus effort as the key ingredients.

Being a slave to mileage often leads to injury and illness along the marathon training journey. A man's body understands mileage about as well as his brain understands his wife. But you can feel the effort you're putting in and can work for periods of time. Many of you will

also use a GPS watch so you can track the miles as the time passes anyway.

The following three plans offer variety and options each week for the beginner, improver and experienced runner. The question is which plan suits you? Have a read of the profiles on each page and choose wisely.

How to train

Remember those days on the school field when the teacher shouted "Go" and we all shot off only to stagger to a halt gasping for air after about 30 seconds? Well the tortoise and the hare fable still holds true.

Marathon running and training is a game of patience, planning and progression. Don't try and prove you can run the 26.2 miles required in training in the first few weeks and don't add extra training sessions or days. Let your fitness and endurance build with the plan as the weeks pass by. The clever athlete respects rest and also focuses on nutrition.

Never worry about taking an extra day or two of rest if you're very tired or substituting a hard day for an easy recovery run or cross-training session. Listen to your body and what it is telling you. The training plans are only a guide and some weeks will work perfectly but others will be tough due to work or other life factors.

NEVER WORRY ABOUT TAKING AN EXTRA DAY OF REST IF YOU'RE VERY TIRED OR REPLACING A HARD DAY WITH AN EASY RECOVERY RUN

THE BEGINNER

This will be your first marathon and you are pretty new to running. You love it but this is a totally new experience. You can already run for 30 minutes or more and may have completed a 5k local parkrun but you certainly haven't run many other races or trained for a marathon. You are keen as mustard but don't want to get it wrong by running too far too soon or completing the wrong types of training. You just want to complete your first marathon in style. And in one piece.

"YOU DON'T WANT TO GET IT WRONG BY RUNNING TOO FAR TOO SOON"



| WK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--|---|---|---|--------|---|--|
| 1 | Rest or light swim or cross train session for 30 mins. Stretch well afterwards | Threshold run for 3 x 4 mins with 3 mins jog recovery + 15 mins warm up and 15 mins cool down jog | Pilates, yoga or core body conditioning | Continuous hills. 3 x 4 mins effort with 15 mins warm up and cool down jog. 3 mins rec between sets | Rest | Rest or 30 mins relaxed cross train/swim | Long run 45 mins easy conversation pace |
| 2 | Rest or light swim or cross train session for 30 mins. Stretch well afterwards | Threshold run for 4 x 4 mins with 3 mins jog recovery + 15 mins warm up and 15 mins cool down jog | Pilates, yoga or core body conditioning | Continuous hills. 3 x 4 mins effort with 15 min warm up and cool down jog. 3 mins rec between sets | Rest | Rest or 30 mins relaxed cross train/swim | Long run 45-60 mins easy conversation pace |
| 3 | Rest or light swim or cross train session for 30 mins. Stretch well afterwards | Threshold run for 3 x 5 mins with 3 mins jog recovery + 15 mins warm up and 15 mins cool down jog | Pilates, yoga or core body conditioning | Continuous hills. 3 x 5 mins effort with 15 mins warm up and cool down jog. 3 mins rec between sets | Rest | Rest or 30 mins relaxed run or cross train/swim | Long run 60 mins easy conversation pace |
| 4 | Rest or light swim or cross train session for 30 mins. Stretch well afterwards | Threshold run 3 x 6 mins effort with 3 mins recovery jog between | Pilates, yoga or core body conditioning | Continuous hills. 2 x 7.5 mins effort with 15 mins warm up and cool down jog. 3 mins rec between sets | Rest | Rest or 30 mins relaxed run or cross train/swim | Long run 75 mins. All easy conversation pace |
| 5 | Rest or light swim or cross train session for 30 mins. Stretch well afterwards | Threshold run 4 x 6 mins effort with 3 mins recovery jog between | Pilates, yoga or core body conditioning | Continuous hills. 2 x 10 mins effort with 15 mins warm up and cool down jog. 3 mins rec between sets | Rest | Rest or 30 mins relaxed run or cross train/swim | 90 mins. All easy conversation pace |
| 6 | Rest. This is a recovery week | Recovery run 30 mins | Pilates, yoga or core body conditioning | 30 mins run to include 5 mins easy/5 mins threshold. ALL x 3 | Rest | Rest | Long run 60 mins |

GOLDEN RULES

- Always perform a 15-minute warm up and cool down before threshold, continuous hills or interval sessions
- If you are feeling ok you may wish to consider a 20-30 minute recovery run in the morning before any of the quality sessions above

PICK UP THE MARCH ISSUE OF MEN'S RUNNING FOR THE NEXT SIX WEEKS OF YOUR PLAN ON SALE JAN 26

THE IMPROVER

You've been here before and know what it's like to train for a half or full marathon. You have run a number of races and talk about your PBs the way a new father talks about his baby. But now it's time to push the envelope and go for it. We want you to try some new training ideas, new sessions and smash your PB on race day. Use this plan to run the right threshold sessions, increase your long runs safely and challenge your body with the right key sessions.

“USE THIS PLAN TO CHALLENGE YOUR BODY WITH THE RIGHT KEY SESSIONS”



| WK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--|---|---|---|--------|--|--|
| 1 | Core conditioning class, yoga or pilates | Recovery run 30 mins | Threshold run 2 x 10 mins effort with 2 mins recovery jog between | 30 mins cross training or 30 mins recovery run plus core conditioning | Rest | 4 x 5 mins continuous hill reps. 2 mins jog recovery | Long run 90 mins relaxed pace |
| 2 | Core conditioning class, yoga or pilates | Recovery run 45 mins | 5 x 5 mins at threshold off 2 mins jog recovery | 45 mins recovery run or cross training and core conditioning | Rest | 2 x 10 mins continuous hill reps. 2 mins jog recovery | Long run 105 mins |
| 3 | Core conditioning class, yoga or pilates | Recovery run 30 mins | 45 mins incl 15 easy, 15 steady, 15 at threshold | 45 mins recovery run or cross training and core conditioning | Rest | 4 x 6 mins continuous hill reps. 2 mins jog recovery | Long run 120 mins easy pace |
| 4 | Core conditioning class, yoga or pilates | Recovery run 40 mins | 8 x 3 mins off 2 mins recovery. Odd Nos at threshold and even at 10K pace | 45 mins recovery run or cross training and core conditioning | Rest | 5 x 5 mins at threshold on a hilly route off 2 mins jog rec. Include hills naturally | 120-135 mins relaxed |
| 5 | Core conditioning class, yoga or pilates | Recovery run 30 mins | Rest. Easy week | 30 mins incl 5 mins easy/5 mins threshold. ALL x 3 | Rest | 4 x 6 mins at continuous hills off 90 seconds recovery | Easy long run 60-75 mins and core conditioning |
| 6 | Core conditioning class, yoga or pilates | 60 mins including 3 x 10 mins at threshold off 2-3 mins jog rec | Recovery run 30 mins | Intervals - 5 x 5 mins at 10K pace off 90 seconds recovery | Rest | 30-45 mins recovery run or cross train | 135 mins with last 45 at marathon pace |

GOLDEN RULES

- Always substitute cross training for running if you are injured, very sore or it is not safe to run
- Add pilates or yoga classes once or twice a week if you have time and try to stretch every day for at least 10 minutes

PICK UP THE MARCH ISSUE OF MEN'S RUNNING FOR THE NEXT SIX WEEKS OF YOUR PLAN ON SALE JAN 26

THE VETERAN

As a veteran of many races and with some tasty times on the CV it gets harder to find those extra minutes on race day. This plan is an insight into how many of the elites train. We're not saying run mega miles and become a full time athlete but many of the runs, sessions and key elements in this plan are exactly the same as those executed by the world's best. You will already be in good shape over 5K, 10K or cross country when you start this schedule and it will focus on boosting your running economy and VO₂ max along the road to race day. Good luck!

“MANY OF THE RUNS ARE THE SAME AS THOSE RUN BY THE WORLD'S BEST”



| WK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|---|--|--|---|--------|--|---|
| 1 | 30-45 mins recovery run and core conditioning session | AM: 30 mins recovery run PM: Threshold session: 5 x 5 mins with 60 seconds jog recovery | 45 mins relaxed running or cross training | 60 minute run: 20 mins easy pace, 20 mins steady pace and 20 mins at Threshold | Rest | AM: Kenyan hills: 4 x 6 mins with 90 secs jog recovery PM: 30 mins recovery run or cross train | Long run - 90 mins relaxed pace |
| 2 | 30-45 mins recovery run and core conditioning session | AM: 30 mins recovery run. PM: Threshold session: 6 x 5 mins with 60 secs jog recovery | 45 mins relaxed running or cross training | 60-minute run: 20 mins easy pace, 20 mins steady pace and 20 mins at threshold | Rest | AM: Kenyan hills - 4 x 8 mins with 90 secs jog recovery. PM: 30 mins recovery run or cross train | Long run - 105 mins relaxed pace |
| 3 | 30-45 mins recovery run and core conditioning session | AM: 30 mins recovery run. PM: Threshold session: 3 x 10 mins with 2 mins jog recovery | 45 mins relaxed running or cross training | 75-minute run with last 30 mins at marathon pace | Rest | AM: Kenyan hills - 3 x 10 mins with 90 secs jog recovery. PM: 30 mins recovery run or cross train | Long run - 120 mins easy pace |
| 4 | 30-45 mins recovery run and core conditioning session | AM: 30 mins recovery run. PM: 45 mins run with last 25 mins at threshold | 45 mins relaxed running or cross training | 10 mins at threshold plus 4 x 3 mins at 10K pace and 10 mins at threshold - all off 90 seconds jog recovery | Rest | AM: Kenyan hills - 3 x 10 mins with 90 secs jog recovery. PM: 30 mins recovery run or cross train | Long run - 135 mins relaxed pace |
| 5 | Rest | 30 mins easy pace recovery run and core conditioning session | 75 mins with last 30 at mp | 30 mins recovery run | Rest | 30-45 mins easy pace recovery run | Half-marathon race at marathon pace plus 30 mins easy pace run afterwards |
| 6 | 30-45 mins recovery run and core conditioning session | 45 mins easy pace recovery run | AM: 30 mins easy pace recovery run. PM: 30 mins steady pace | 10 mins at threshold plus 5,4,3,2,1 mins off 90 seconds jog recovery | Rest | AM: Kenyan hills - 6 x 5 mins with 90 secs jog recovery. PM: 30 mins rec run or cross train | Long run - 120-135 mins easy pace |

GOLDEN RULES

- Always eat within 20-30 minutes of finishing a run
- Train at your target pace, don't compromise or run too hard
- Tiredness always catches up

PICK UP THE MARCH ISSUE OF MEN'S RUNNING FOR THE NEXT SIX WEEKS OF YOUR PLAN ON SALE JAN 26