

Mid week training program for Abingdon / Amsterdam / Lubljana marathons

Target marathon time	Pace Chart min / km			
	P 1	P 2	P 3	P 4
H:MM:SS				
03:00:00	5:31	5:16	4:16	4:01
03:10:00	5:45	5:30	4:30	4:15
03:20:00	5:59	5:44	4:44	4:29
03:30:00	6:14	5:59	4:59	4:44
03:40:00	6:28	6:13	5:13	4:58
03:50:00	6:42	6:27	5:27	5:12
04:00:00	6:56	6:41	5:41	5:26
04:10:00	7:10	6:55	5:55	5:40
04:20:00	7:25	7:10	6:10	5:55
04:30:00	7:39	7:24	6:24	6:09
04:40:00	7:53	7:38	6:38	6:23
04:50:00	8:07	7:52	6:52	6:37
05:00:00	8:22	8:07	7:07	6:52
05:10:00	8:36	8:21	7:21	7:06
05:20:00	8:50	8:35	7:35	7:20

Thursday intervals training Schedule					
Meet 6:30pm at the Entrance to the Common opposite the Bellemoor Pub Hill Lane					
Interval			Recovery		
Wk	Date	Time min	Pace	Time min	Repeats
15	04/07/2019	60:00	Social Run		1
14	11/07/2019	20:00	P3	05:00	2
13	18/07/2019	11:00	P3	05:00	3
12	25/07/2019	11:00	P3	05:00	3
11	01/08/2019	11:00	P4	05:00	3
10	08/08/2019	15:00	P4	05:00	2
9	15/08/2019	30:00	P4		1
8	22/08/2019	15:00	P3	05:00	3
7	29/08/2019	15:00	P3	05:00	3
6	05/09/2019	15:00	P3	05:00	3
5	12/09/2019	15:00	P4	05:00	3
4	19/09/2019	15:00	P3	05:00	5
3	26/09/2019	22:30	P3	05:00	3
2	03/10/2019	30:00	P3	05:00	2
1	10/10/2019	22:30	P4	05:00	2
0	17/10/2019	40:00	P2 / P3		1

Weekend training program for Abingdon / Amsterdam / Lubljana marathons

Target marathon time	Pace Chart Min / km			
H:MM:SS	P 1	P 2	P 3	P 4
03:00:00	5:31	5:16	4:16	4:01
03:10:00	5:45	5:30	4:30	4:15
03:20:00	5:59	5:44	4:44	4:29
03:30:00	6:14	5:59	4:59	4:44
03:40:00	6:28	6:13	5:13	4:58
03:50:00	6:42	6:27	5:27	5:12
04:00:00	6:56	6:41	5:41	5:26
04:10:00	7:10	6:55	5:55	5:40
04:20:00	7:25	7:10	6:10	5:55
04:30:00	7:39	7:24	6:24	6:09
04:40:00	7:53	7:38	6:38	6:23
04:50:00	8:07	7:52	6:52	6:37
05:00:00	8:22	8:07	7:07	6:52
05:10:00	8:36	8:21	7:21	7:06
05:20:00	8:50	8:35	7:35	7:20

Sunday LSD training Schedule							
Meet 8:30 am Sainsbury's Lordshill Centre.							
Wk	Date	Time min	Pace	Time min	Pace	Time min	Pace
15	07/07/2019	90	P1				
14	14/07/2019	105	P1				
13	21/07/2019	135	P1				
12	28/07/2019	90	P2				
11	04/08/2019	150	P2				
10	11/08/2019	150	P2				
9	18/08/2019	120	P2				
8	25/08/2019	60	P2	30	P3		
7	01/09/2019	150	P2	30	P3		
6	08/09/2019	135	P2	45	P3		
5	15/09/2019	90	P2	60	P3		
4	22/09/2019	HM	P4	Solent Half Marathon			
3	29/09/2019	60	P2	60	P3		
2	06/10/2019	30	P2	60	P3		
1	13/10/2019	10	P2	60	P3	10	P2
0	20/10/2019	Mar	P3				

TGT training Hrs / Week
6.0
6.0
6.0
6.0
7.5
8.5
9.5
7.5
7.5
10.0
9.0
10.0
9.0
8.0
7.5
5.0