

Weekend training program for London 2021 marathon

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

Mid week training program for London marathon

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
13	01/07/2021	11:00	P3	05:00	3
12	08/07/2021	11:00	P3	05:00	3
11	15/07/2021	11:00	P4	05:00	3
10	22/07/2021	15:00	P4	05:00	2
9	29/07/2021	30:00	P4		1
8	05/08/2021	15:00	P3	05:00	3
7	12/08/2021	15:00	P3	05:00	3
6	19/08/2021	15:00	P3	05:00	3
5	26/08/2021	15:00	P4	05:00	3
4	02/09/2021	15:00	P3	05:00	5
3	09/09/2021	22:30	P3	05:00	3
2	16/09/2021	30:00	P3	05:00	2
1	23/09/2021	22:30	P4	05:00	2
0	30/09/2021	40:00	P2 / P3		1

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Sunday LSD training Schedule								
Meet 8:30 am Sainsbury's Lordshill Centre.								
Wk	Date	Time		Time		Time		
		min	Pace	min	Pace	min	Pace	
15	20/06/2021	90	P1					
14	27/06/2021	105	P1					
13	04/07/2021	135	P1					
12	11/07/2021	90	P2					
11	18/07/2021	150	P2					
10	25/07/2021	150	P2					
9	01/08/2021	120	P2					
8	08/08/2021	60	P2	30	P3			
7	15/08/2021	150	P2	30	P3			
6	22/08/2021	135	P2	45	P3			
5	29/08/2021	90	P2	60	P3			
4	05/09/2021	10 mile time trial.						
3	12/09/2021	60	P2	60	P3			
2	19/09/2021	30	P2	60	P3			
1	26/09/2021	10	P2	60	P3	10	P2	
0	03/10/2021	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