

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

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	16/09/2021	11:00	P3	05:00	3
12	23/09/2021	11:00	P3	05:00	3
11	30/09/2021	11:00	P4	05:00	3
10	07/10/2021	15:00	P4	05:00	2
9	14/10/2021	30:00	P4		1
8	21/10/2021	15:00	P3	05:00	3
7	28/10/2021	15:00	P3	05:00	3
6	04/11/2021	15:00	P3	05:00	3
5	11/11/2021	15:00	P4	05:00	3
4	18/11/2021	15:00	P3	05:00	5
3	25/11/2021	22:30	P3	05:00	3
2	02/12/2021	30:00	P3	05:00	2
1	09/12/2021	22:30	P4	05:00	2
0	16/12/2021	40:00	P2 / P3		1

Weekend training program for Portsmouth marathon 2021

Weekend LSD training Schedule							
Wk	Date	Time min	Pace	Time min	Pace	Time min	Pace
15	05/09/2021	90	P1				
14	12/09/2021	105	P1				
13	19/09/2021	135	P1				
12	26/09/2021	90	P2				
11	03/10/2021	150	P2				
10	10/10/2021	150	P2				
9	17/10/2021	120	P2				
8	24/10/2021	60	P2	30	P3		
7	31/10/2021	150	P2	30	P3		
6	07/11/2021	135	P2	45	P3		
5	14/11/2021	90	P2	60	P3		
4	21/11/2021	10 mile time trial.					
3	28/11/2021	60	P2	60	P3		
2	05/12/2021	30	P2	60	P3		
1	12/12/2021	10	P2	60	P3	10	P2
0	19/12/2021	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