

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	06/01/2022	11:00	P3	05:00	3
12	13/01/2022	11:00	P3	05:00	3
11	20/01/2022	11:00	P4	05:00	3
10	27/01/2022	15:00	P4	05:00	2
9	03/02/2022	30:00	P4		1
8	10/02/2022	15:00	P3	05:00	3
7	17/02/2022	15:00	P3	05:00	3
6	24/02/2022	15:00	P3	05:00	3
5	03/03/2022	15:00	P4	05:00	3
4	10/03/2022	15:00	P3	05:00	5
3	17/03/2022	22:30	P3	05:00	3
2	24/03/2022	30:00	P3	05:00	2
1	31/03/2022	22:30	P4	05:00	2
0	07/04/2022	40:00	P2 / P3		1

Sunday LSD training Schedule							
Wk	Date	Time min	Pace	Time min	Pace	Time min	Pace
15	26/12/2021	90	P1				
14	02/01/2022	105	P1				
13	09/01/2022	135	P1				
12	16/01/2022	90	P2				
11	23/01/2022	150	P2				
10	30/01/2022	150	P2				
9	06/02/2022	120	P2				
8	13/02/2022	60	P2	30	P3		
7	20/02/2022	150	P2	30	P3		
6	27/02/2022	135	P2	45	P3		
5	06/03/2022	90	P2	60	P3		
4	13/03/2022	10 mile time trial.					
3	20/03/2022	60	P2	60	P3		
2	27/03/2022	30	P2	60	P3		
1	03/04/2022	10	P2	60	P3	10	P2
0	10/04/2022	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