

STAN CHART MARATHON TRAINING 2018

		Hill/Non PB Runners	Speed	None PB Runners	Easy Run	Tempo run/Non P.B Runners	Easy Run	Easy Run			
Weeks		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Totals	PHASE	
12	6th Aug to 12th Aug	2.00	N/A	2.00	Rest	3.00	2.00	6.00	Rest	15.00	Endurance Phase
11	13th Aug to 19th Aug	3.00	N/A	3.00	5.00	Rest	3.00	9.00	Rest	23.00	Endurance Phase
10	20th Aug to 26th Aug	5.00	N/A	3.00	8.00	Rest	5.00	12.00	Rest	33.00	Endurance Phase
9	27th Aug to 2nd Sept	7.00	N/A	4.00	10.00	Rest	5.00	15.00	Rest	41.00	Endurance Phase
8	3rd Sept to 9th Sept	3.00	3 x 200m	4.00	6.00	3.00	5.00	9.00	Rest	30.00	Intense Phase
7	10th Sept to 16th Sept	4.00	4 x 400m	5.00	7.00	3.00	6.00	10.00	Rest	35.00	Intense Phase
6	17th Sept to 23rd Sept	5.00	4 x 800m	6.00	7.00	4.00	5.00	12.00	Rest	39.00	Intense Phase
5	24th Sept to 30th Oct	6.00	5 x 1000m	5.00	7.00	5.00	5.00	15.00	Rest	43.00	Intense Phase
4	1st Oct to 7th Oct	7.00	5 x 800m	5.00	7.00	5.00	5.00	18.00	Rest	47.00	Intense Phase
3	8th Oct to 14th Oct	5.00	3 x 200m	4.00	6.00	4.00	5.00	12.00	Rest	36.00	Taper Phase
2	15th Oct to 23rd Oct	4.00	Rest	5.00	3.00	4.00	4.00	10.00	Rest	26.00	Taper Phase
1	22nd Oct to 28th Oct	Stretch	8.00	3.00	3.00	Stretch	Stretch	3km	21.00	32.00	Taper Phase

400.00

Notes

- 1 Stretch well before and after your runs.
- 2 Incorporate strength training in the above program e.g Mon -Legs, Tue -Back & Shoulders, Wed -Break, Thur -Chest & Shoulders
- 3 Work on your core atleast everyday.