

London Marathon Training Plan

Date	Wk No	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Date
15-Dec	1	3 - 4 Miles Easy	Rest or Cross Train	5 - 6 Miles Steady	Rest or Cross Train	5 Miles Easy	Rest or 3 Miles Easy	6 - 7 Miles Long Run	21-Dec
22-Dec	2	3 - 4 Miles Easy	Rest or Cross Train	5 - 6 Miles Steady	Rest or Cross Train	4 Miles Steady	Rest or 3 Miles Easy	7 - 8 Miles Long Run	28-Dec
29-Dec	3	3 - 4 Miles Easy	Rest or Cross Train	5 - 6 Miles Steady	Rest or Cross Train	5 Miles Steady	Rest or 3 Miles Easy	8 - 9 Miles Long Run	04-Jan
05-Jan	4	3 - 4 Miles Easy	Rest or Cross Train	6 - 7 Miles Steady	Rest or Cross Train	3 Miles Easy	Rest or 3 Miles Easy	9 - 10 Miles Long Run	11-Jan
12-Jan	5	3 - 4 Miles Easy	Rest or Cross Train	6 - 7 Miles Steady	Rest or Cross Train	5 Miles Steady	20 min jog	<u>St Albans FH10 Miles</u>	18-Jan
19-Jan	6	4 - 5 Miles Easy	Rest or Cross Train	7 - 8 Miles Steady	Rest or Cross Train	5 Miles Steady	Rest or 3 Miles Easy	Hemel 12 Miles	25-Jan
26-Jan	7	4 - 5 Miles Easy	Rest or Cross Train	7 - 8 Miles Steady	Rest or Cross Train	6 Miles Steady	Rest or 3 Miles Easy	14 Miles Long Run	01-Feb
02-Feb	8	4 - 5 Miles Easy	Rest or Cross Train	7 - 8 Miles Steady	Rest or Cross Train	6 Miles Steady	Rest or 3 Miles Easy	15 Miles Long Run	08-Feb
09-Feb	9	4 - 5 Miles Easy	Rest or Cross Train	7 - 8 Miles Steady	Rest or Cross Train	20 min jog	20 min jog	16 Miles Long Run	15-Feb
16-Feb	10	4 - 5 Miles Easy	Rest or Cross Train	7 - 8 Miles Steady	Rest or Cross Train	6 Miles Steady	Rest or 3 Miles Easy	Hemel 17 Miles	22-Feb
23-Feb	11	5 Miles Easy	Rest or Cross Train	8 - 9 Miles Steady	Rest or Cross Train	6 Miles Steady	Rest or 3 Miles Easy	18 Miles Long Run	01-Mar
02-Mar	12	5 Miles Easy	Rest or Cross Train	9 - 10 Miles Steady	Rest or Cross Train	6 Miles Easy	Rest or 3 Miles Easy	20 Miles Long Run	08-Mar
09-Mar	13	5 Miles Easy	Rest or Cross Train	6 - 7 Miles Steady	Rest or Cross Train	20 min jog	20 min jog	<u>Silverstone Half Marathon</u>	15-Mar
16-Mar	14	3 Miles Easy	Rest or Cross Train	6 - 7 Miles Steady	Rest or Cross Train	Rest	20 min jog	<u>Hemel 20 Miles</u>	22-Mar
23-Mar	15	3 Miles Easy	Rest or Cross Train	7 Miles: Race Pace	Rest or Cross Train	4 Miles Steady	Rest or 3 Miles Easy	<u>Oakley 20</u>	29-Mar
30-Mar	16	3 Miles Easy	Rest or Cross Train	7 Miles: Race Pace	Rest or Cross Train	4 Miles Steady	Rest or 3 Miles Easy	18 Miles Long Run	05-Apr
06-Apr	17	3 Miles Easy	Rest or Cross Train	7 Miles: Race Pace	Rest or Cross Train	4 Miles Steady	Rest or 3 Miles Easy	12 Miles Long Run	12-Apr
07-Apr	18	3 Miles Easy	Rest or Cross Train	5 - 6 Miles Easy	Rest or Cross Train	5 Miles Easy	Rest or 3 Miles Easy	8 Miles Long Run	19-Apr
08-Apr	19	3 Miles Easy	Rest	5 - 6 Miles Easy	Rest	20 min jog	20 min jog	<u>LONDON MARATHON</u>	26-Apr