

# MARATHON TRAINING PLAN

## 8 WEEK EDITION



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Training 30-45 Min	10 x 400m (5k Pace)/ 200m Jog	8 Mile Run	Rest Day	5 x 4 Min (Tempo Pace)/ 90s Rest	4 Miles	16 Miles
2	Cross Training 45 Min	6 x 800m (5k Pace)/ 200m Jog	9 Mile Run	Rest Day	4 x 5 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	18 Miles
3	Cross Training 45 Min	6 x 1000m (5k Pace)/ 200m Jog	10 Mile Run	Rest Day	3 x 7 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	20 Miles
4	Cross Training 45 Min	8 x 800m (5k Pace)/ 200m Jog	10 Mile Run	Rest Day	2 x 10 Min (Tempo Pace)/ 90s Rest	5 Miles + 4 x 75m Strides	15 Miles
5	Cross Training 45-60 Min	5 x 1200m (5k Pace)/ 200m Jog	10 Mile Run	Rest Day	20 Min (Tempo Pace)	5 Miles + 4 x 75m Strides	22 Miles
6	Cross Training 45-60 Min	4 x 1600m (5k Pace)/ 200m Jog	12 Mile Run	Rest Day	25 Min (Tempo Pace)	5 Miles + 4 x 75m Strides	16 Miles
7	Cross Training 45-60 Min	10 x 400m (10k Pace)/ 200m Jog	7 Mile Run	Rest Day	2 x 10 Min (Tempo Pace)/ 90s Rest	4 Miles + 4 x 75m Strides	10 Miles
8	Cross Training 30-40 Min	4 x 800m (Marathon Pace)/ 200m Jog	4 Mile Run	Rest Day	20 Min + 4 x 75m Strides	<b>Marathon!</b>	

- **MONDAY Cross Training:** Non-running aerobic workout. Examples include cycling, swimming, rowing, elliptical, aqua jogging, and hiking.
- **TUESDAY Speed Workouts:** Run intervals at the indicated pace for each individual workout.
- **WEDNESDAY Distance Runs:**
- **THURSDAY Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **FRIDAY Threshold Runs:** During the Threshold or Tempo intervals, run at a pace you can sustain all out for one hour.
- **SATURDAY Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **SUNDAY Long Runs:** Long endurance workouts at an easy pace to improve physical and mental stamina.
- **Strides:** Accelerate over the duration of the stride, reaching max speed at the end of each one.
- **Warm-Ups and Cool-Downs:** For Speed Workouts and Threshold Runs, make sure you warm up and cool down with a 1-mile jog to keep yourself in tip-top condition and reduce the risk of injury.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Shake Out Run:** The final day of the Training Plan before your Marathon. Very relaxed run to loosen up.

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# Marathon Training Guide

**Siddappa N.Byrareddy**



## **Marathon Training Guide:**

Marathon Training Guide: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels enthraling the hearts of readers worldwide. Let's delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. Marathon Training Guide : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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