

HJ Winter marathon training

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p style="text-align: center;">Over the Christmas period you will need to be in a position to run 10 miles in relative comfort ready to begin the plan.</p> <p style="text-align: center;">Sunday runs start at 8.00 from The Bridge (please arrive at least 10 mins earlier to receive run plans)</p> <p style="text-align: center;">We will require a member to plan the run each week and also to man refreshment stops.</p> <p style="text-align: center;">The dates are for the long Sunday runs and so are at the end of each week</p>							
1 31/12	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	10 miles
2 7/01	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	11 miles
3 14/01	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	13 miles
4 21/01	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	14 miles
5 28/01	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track (easy) Or run	Strength/ conditioning Bike/swim	Parkrun	12 miles
6 04/02	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Parkrun	14 miles
7 11/02	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	16 miles
8 18/02	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	18 miles
9 25/02	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track (easy) Or run	Strength/ conditioning Bike/swim	Park run	13 miles
10 03/03	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	16 miles

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11 10/03	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Park run	21 miles 18 miles
12 17/03	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Parkrun	18 miles tapering 18 miles
13 24/03	Rest	HJ Tuesday run	Strength/ conditioning Bike/swim	Track Or run	Strength/ conditioning Bike/swim	Parkrun	15 miles tapering 21 miles
14 31/03	Rest	Take a slower HJ group than usual HJ Tuesday Run	Strength/ conditioning Bike/swim	Easy run Track Or run	Strength/ conditioning Bike/swim	Parkrun gentle Parkrun	10 miles tapering 16 miles tapering
15 07/04	Rest	Take a slower HJ group than usual HJ Tuesday Run	Strength/ conditioning Bike/swim	Easy run Track Or run	Strength/ conditioning Bike/swim	Rest Gentle stretches Parkrun	Brighton marathon race day 15 miles tapering
16 14/04	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy run	Strength/ conditioning Bike/swim	Park run gentle	10 miles tapering
17 21/04	Rest	Take a slower HJ group than usual	Strength/ conditioning Bike/swim	Easy run	Strength/ conditioning Bike/swim	Rest Gentle stretches	London Marathon race day

You will need to give yourself a rest day to enable your body to recover from the increase in mileage.

The strength and conditioning or alternative exercise will help your body get strong and help to mitigate injury. The sessions available are only as an idea if you have your own sessions use those.

Long Sunday runs should be run slower than your marathon pace (approx. 1 min per km slower) with a few of these runs to include a marathon pace section of between 3 and 6 mile. The speed sessions can be done on the track where mileage is not the purpose. To help work out your estimated marathon pace use the Jack Daniels pace calculator (see the link – <https://vdoto2.com/calculator/>).

All Sunday runs are supported by HJ. It is hoped that those that take part also take on the role of leader (setting the route) and/or provide support by meeting the runners on route with refreshments. Other members of the club also kindly undertake these roles. (a rota is drawn up at the start where members can sign up to help).

If you need extra rest take this mid- week or do an easier session. All days can be altered to suit you. The plan can also be tweaked to include races.