



Beginners 42K Training

Schedule

The following program is written for the beginner and those looking to finish their first marathon on the trail. It assumes that you are regularly running and training and have been able to run 20 miles per week for at least 4-6 weeks prior to starting the plan.

Whether you are aiming for a specific time or just running to finish the key is to run the long runs in this schedule gently. All of these long runs should be 90 seconds to 2 minutes per mile slower than your current 10km pace.

All of the sessions should include a warm up and cool down of 10-15 minutes. During the warm up incorporate 3-4 "strides". These are short 10 second bursts of faster running. Try to increase the speed you run each of the strides so the last one is the fastest.

This schedule also contains some speed work which are called the "fartlek" runs, Hill sprints or "880's".

The distance in brackets below fartlek runs includes a warmup and warm down, in addition to your fartlek sessions. Fartlek simply means play on speed and are sessions where you run faster for a period of time. Each period you run the harder pace can be different e.g. 1 minute, 4 minutes, 30 seconds or even between things you see out on your route like running hard to the next lamp post or building/tree etc. Each effort is followed by a period of easier running until you feel you can run hard again.

Whenever you see a pace denoted as 5K pace or 10K pace, this refers to the speed at which you estimate you could run a 5K or 10K on that given day.

When you read "6-8 hill sprints," that means you should do 6-8 repeats at a really fast sprinting pace on a hill of about 150 or 200 metres long.

When you read the notation "4 x 880s," this means you should run four repeats of 880 yards each (i.e. two laps on the running track or equivalent out on the trail or road, GPS watches are a great tool here).

The pace below tells you how fast you should run them. For 880s, give yourself 2 minutes of rest between intervals.

For bespoke training plans from 5km to Ultra Marathon and Multi day events please contact Lee Kemp on:

Email: leekmp28@gmail.com

www.lee-kemp.com



All the other workouts (including the long runs) should be run at an easy training pace -- emphasis on "easy." Hold yourself back and try to run on a hilly trail route. Even better come join me and the team at Trekking & Outdoors on Sunday mornings and run parts of the route to familiarise yourself with it before race day. Check out our Facebook group page

https://www.facebook.com/groups/183941295441183/?ref=group_cover.

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Off	15 mins w/up with 4x strides, 6-8 Hill sprints of 10 seconds, 1 minute rest between sprints. 15 mins steady running.	3M	4M	Off	3M	10M
2	Off	15 mins w/up with 4x strides, 6-8 Hill sprints of 10 seconds, 1 minute rest between sprints. 15 mins steady running.	4M	6M	Off	5M	5M
3	Off	3 x Mile 5K-10K pace	3M	5M	Off	3M	12M
4	Off	6M	5M	6M	Off	5M	7M
5	Off	15 mins w/up with 4x strides, Hill sprints of 10 sec, 15, 20, 25, 20, 15, 10 all off of 90 sec recovery. 15 mins steady running.	4M	7M	Off	3M	15M
6	Off	7M	6M	7M	Off	6M	9M
7	Off	15 mins w/up with 4x strides, Hill sprints of 10 sec, 15, 20, 25, 20, 15, 10 all off of 90 sec recovery. 15 mins steady running.	5M	8M	Off	3M	18M
8	Off	Fartlek (3 Miles)	5M	8M	Off	3M	10K Race (Or 10M)
9	Off	6 x 880s 5K pace	6M	8M	Off	3M	20M

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10	Off	7M	5M	8M	Off	5M	10K Race (Or 10M)
11	Off	6 x 880s 5K pace	6M	8M	Off	3M	22M
12	Off	4 x Mile 10K pace	7M	10M	Off	4M	10K Race (Or 10M)
13	Off	5M	3M	5M	Off	3M	18M
14	Off	6M	5M	8M	Off	4M	12M
15	Off	5M	4M	6M	Off	3M	12M
16	Off	Fartlek (5M)	4M	Off	Off	2M	RACE DAY

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