

BE STRONG

Eat. Move. Live

MARATHON TRAINING – Commences November 13th 2017										
DATES	Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL WEEK	NOTES
			MILES		MILES		MILES	MILES	MILES	
13/11/2017	1		4		5		SAT RUNS START ON WEEK 6 – TO BE RAN AT VERY SLOW PACE	6	15	19/11/17 - FIRST LONG RUN OF PLAN COORDINATED BY MARATHON PLAN TEAM - KIT INSPECTION/ADVICE - INJURY FREE RUNNING - WITTON PARK
20/11/2017	2		4		5	6		15		
27/11/2017	3		5		5	7		17		
04/12/2017	4		5		5	8		18		
11/12/2017	5		5		5			9	19	17/12/17 - LONG RUN COORDINATED BY MARATHON PLAN TEAM - STAYING INJURY FREE AND MOTIVATION, DEDICATION, COMMITMENT AND SACRIFICE ARE THE DISCUSSION TOPICS - CANAL CAR PARK, HARWOOD RD, RISHTON
18/12/2017	6		5		5		3	10	23	

25/12/2017	7		5		5		3	11	24	
01/01/2018	8		5		5		3	12	25	
08/01/2018	9		5		4		3	13.1	25.1	15/01/18 - HALF MARATHON TIME RUN COORDINATED BY TEAM AND A MEDAL FOR ALL PARTICIPANTS - WHAT TO EXPECT IN A FULL MARATHON IS THE DISCUSSION TOPIC - STEP BY STEP - CANAL CAR PARK, HARWOOD RD, RISHTON
15/01/2018	10		5		5		3	14	27	
22/01/2018	11		5		5		3	15	28	
29/01/2018	12		5		5		3	13	26	4/02/18 - DROPBACK WEEK - SAT MORNING HYNDBURN PARKRUN FOR ALL PARTICIPANTS FOLLOWED BY A PHYSIOLOGY DISCUSSION
05/02/2018	13		6		6		3	16	31	
12/02/2018	14		6		6		3	17	32	
19/02/2018	15		6		7		3	18	34	23/24 FEB 18 - TRAINING WEEKEND CAMP AT A VENUE TO BE CONFIRMED IN BLACKPOOL - HEALTH CHECKS, NUTRITIONAL ADVICE, SPORTS THERAPY, CORE EXERCISES, MOTIVATIONAL TALKS - FIRST 18 MILE RUN ON THE SUNDAY
26/02/2018	16		6		7		3	18	34	

05/03/2018	17		6		8		3	20	37	11/03/18 - LONG RUN COORDINATED BY MARATHON PLAN TEAM - DISCUSSION TOPIC - GOAL SETTING REVIEWED - CANAL CAR PARK, HARWOOD RD, RISHTON
12/03/2018	18		6		8		3	18	35	18/03/18 - LONG RUN COORDINATED BY MARATHON PLAN TEAM - DISCUSSION TOPIC - CARB LOADING, HYDRATION, MENTAL STRENGTH - CANAL CAR PARK, HARWOOD RD, RISHTON
19/03/2018	19		6		8		3	12	29	25/03/18 - LONG RUN COORDINATED BY MARATHON PLAN TEAM - DISCUSSION TOPIC - LOOKING BACK AND CELEBRATING SUCCESS - CANAL CAR PARK, HARWOOD RD, RISHTON
26/03/2018	20		5		6		3	10	24	01/04/18 - LAST TAPER RUN COORDINATED BY MARATHON PLAN TEAM FOLLOWED BY A CELEBRATION BUFFET AND CERTIFICATES FOR ALL PARTICIPANTS - CANAL CAR PARK, HARWOOD RD, RISHTON
02/04/2018	21		4		3			26.2	33.2	08/04/18 - MARATHON DAY

Total miles: 551.3