



## Connemara Marathon Training Plans

### FULL Marathon Plan

All figures are in miles unless otherwise stated

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
<b>Base Building</b>								
1	Rest	5	6--7	6 R	Rest	6E or 5K TT	8 L	
2	Rest	6	6--8	6 R	Rest	6	8 L	
3	Rest	6	8--10	6 R	Rest	6	10 L	
4	Rest	6	8--10	6 R	Rest	6	12 L	
5	Rest	6	8--10	6 R	Rest	Time Trial	8 L	
<b>Strength</b>								
6	Rest	5--10 Include 3 X 600M Hill Repeats	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6 R	12 (8MP)	
7	Rest	6--10 Include 3 X 600M Hill Repeats	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6--8	16 L	
8	Rest	6--10 Include 7 X 600M Hill Repeats	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6 R	14 (10 MP)	
9	Rest	6--10 Include 8 X 600M Hill Repeats	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6--8	14-16 L	
<b>Strength / Event Specific</b>								
10	Rest	6--10H Include 8 X 600M Hill Repeats	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	16-18L	
11	Rest	6--10H Include 8 X 600M Hill Repeats	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	18-20L	

	12	Rest	4--6 Hilly Run Undulating Route	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6 R	18 (14 MP)	
	13	Rest	4--6 Hilly Run Undulating Route	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	18 (14 MP)	
<b>Fine Tuning</b>									
	14	Rest	6 H	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	16-18L	
	15	Rest	6 H	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	20-22 L	
<b>Taper</b>									
	16	Rest	6	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6--8	14-16 L	
	17	Rest	6	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6E with 6 X 1 min at Race pace, 1 min Recovery	10 L	
	18	Rest	6	6 R	6 R	Travel	Rest	Race Day	
<b>Recovery</b>									
		Walk	Walk	Walk					
<b>Legend</b>									
TT = Time Trial	E = Easy			MP = Marathon Pace			HM = Half Marathon Pace		
10k = 10k Pace	T = Tempo Run			H = Hilly Run / Undulating Run			L = Long		
R = Recovery									

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