



Connemarathon Training Plans

FULL Marathon Plan

All figures are in miles unless otherwise stated

Date	Wks	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Base Building									
06-Dec	17	Rest	5	6--7	6 R	Rest	6E or 5K TT	8 L	
13-Dec	16	Rest	6	6--8	6 R	Rest	6	8 L	
20-Dec	15	Rest	6	8--10	6 R	6	Christmas	10 L	
27-Dec	14	Rest	6	8--10	6 R	Rest or 6R New Years Eve	Rest or 6R New Years Day	12 L	
03-Jan	13	Rest	6	8--10	6 R	Rest	Time Trial	8 L	
Strength									
10-Jan	12	Rest	5--10 Include 3 X 600M Hill Repeats	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6 R	12 (8MP)	
17-Jan	11	Rest	6--10 Include 3 X 600M Hill Repeats	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6--8	16 L	
24-Jan	10	Rest	6--10 Include 7 X 600M Hill Repeats	6 R	10 T (2E, 6 @ HM pace, 2E)	Rest	6 R	14 (10 MP)	
31-Jan	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	
Strength / Event Specific									
07-Feb	8	Rest	6--10H Include 8 X 600M Hill Repeats	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	16-18L	
14-Feb	7	Rest	6--10H Include 8 X 600M Hill Repeats	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	18-20L	

21-Feb	6	Rest	4--6 Hilly Run Undulating Route	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6 R	18 (14 MP)	
28-Feb	5	Rest	4--6 Hilly Run Undulating Route	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	18 (14 MP)	
Fine Tuning									
07-Mar	4	Rest	6 H	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	16-18L	
14-Mar	3	Rest	6 H	6 R	12 T (2E, 8 @ HM pace, 2E)	Rest	6--8	20-22 L	
Taper									
21-Mar	2	Rest	6	6 R	10 T (2E, 6 @ HM pace, 2E)	Easter	Easter	14-16 L	
28-Mar	1	Easter	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	
04-Apr	RW	Rest	6	6 R	6 R	Travel	Rest	Race Day	
Recovery									
11-Apr	RW	Walk	Walk	Walk					
Legend									
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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