

20 Week Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1 - 30/11/2014	Strength + xtrain	3m easy	4m including 2 x 1600m faster efforts	Strength + xtrain	Rest	4m easy	LSR - 8m	19
2	Strength + xtrain	4m easy	4m including 2 x 1600m faster efforts	Strength + xtrain	Rest	3m easy	LSR - 10m	21
3	Strength + xtrain	4m tempo	Rest	Strength + xtrain	Rest	3m RP	LSR - 6m	13
4	Strength + xtrain	4m tempo	4m including 4 x 800m faster efforts	Strength + xtrain	Rest	4m RP	LSR - 12m	24
5	Strength + xtrain	5m tempo	4m including 4 x 800m faster efforts	Strength + xtrain	Rest	4m RP	LSR - 14m	27
6	Strength + xtrain	3m easy	Rest	Strength + xtrain	Rest	3m RP	LSR - 8m	14
7	Strength + xtrain	6m tempo	5m including 5 x 800m faster efforts	Strength + xtrain	Rest	3m RP	LSR - 16m	30
8	Strength + xtrain	6m tempo	5m including 5 x 800m faster efforts	Strength + xtrain	Rest	4m RP	LSR - 18m	33
9	Strength + xtrain	4m tempo	Rest	Strength + xtrain	Rest	4m RP	LSR - 13m	21
10 - 8/2/2015	Strength + xtrain	6m tempo	6m including 6 x 800m faster efforts	Strength + xtrain	Rest	3m RP	LSR - 20m	35
11	Strength + xtrain	4m tempo	Rest	Strength + xtrain	Rest	4m RP	LSR - 8m	16
12	Strength + xtrain	5m tempo	6m including 6 x 800m faster efforts	Strength + xtrain	Rest	5m RP	LSR - 20m	36
13	Strength + xtrain	4m tempo	4m including 4 x 800m faster efforts	Strength + xtrain	Rest	4m RP	LSR - 8m	20
14	Strength + xtrain	6m tempo	Rest	Strength + xtrain	Rest	3m RP	LSR - 20m	29
15	Strength + xtrain	Rest	6m including 6 x 800m faster efforts	Strength + xtrain	Rest	4m RP	LSR - 12m	22
16	Strength + xtrain	6m tempo	6m including 6 x 800m faster efforts	Strength + xtrain	Rest	4m RP	LSR - 22m	38
17	Strength + xtrain	4m tempo	4m including 4 x 800m faster efforts	Strength + xtrain	Rest	4m RP	LSR - 12m	24
18	Strength + xtrain	3m tempo	4m including 4 x 800m faster efforts	Strength + xtrain	Rest	4m RP	LSR - 10m	21
19	Strength + xtrain	3m tempo	Rest	Strength + xtrain	Rest	5m easy	LSR - 8m	16
20 - 19/4/2015	Strength + xtrain	5m easy	Rest	Strength + xtrain	Rest	Rest	RACE	5
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Training notes.