

42K MARATHON TRAINING PROGRAMME

The following training programme assumes that you have previous experience of running, and have completed *at least* one 10k or half marathon race. If you have not been running regularly recently and have not previously completed a shorter race, you will need to begin training at a much slower pace than specified below. Please contact the ATD office if you do not have running experience and would like more advice on how to begin training. The following table entries indicate running time in minutes: (*Source: Lore of Running, Tim Noakes MD*)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	30		30		35	25	40
2		25	40		30	25	30
3		35	30		30	25	50
4		20		35		20	40
5		40	20		45	20	60
6		40	20		50	20	50
7		30	50		50	20	70
8		40	50		50	20	30
9		50	40		60	20	80
10		30	55	30	55		70
11		60	35	60	40		90
12		65	40	30	40		80
13		60	30	50	35		100
14		70	40	60	40		90
15		70	30	60	35		110
16		70	40	70	30		100
17		70	35	70	35		120
18		85	40	75	40		110
19		80	45	70	40		130
20		80	40	75	25	20	120
21		85	35	75	20	20	140
22	40	80	40	40	35		130
23	40	90	40	90	40		150
24		90	40	90	40		60
25	40		40	30		60	20
26	40	20	10				Race

Please see your training manual for further training advice and guidelines.