

2017 London Marathon Training Plan

WEEK 1							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
1	03-Jan	Tue	30 mins easy	✓	3.8	OK	Up 7am. -2C. Challenging start.
2	04-Jan	Wed	12 mins easy (5 mins steady, 60 secs tempo) x 5, 12 mins easy = 54 mins	✓	6.0	OK	Pleasant - would have rated feeling 'Good' but just feel so stiff
3	05-Jan	Thu	Rest	✓			Sunday
4	06-Jan	Fri	30 mins steady	✓	4.2	Good	Thinking about cadence. Guy on the coast path - "Look there's an athlete. Fantastic!
5	07-Jan	Sat	Gym	✓		OK	Changed to Thursday
6	08-Jan	Sun	10 mins easy, 20 mins steady, 10 mins easy = 40 mins	✓	5.1	OK	Changed to Saturday
7	09-Jan	Mon	6 miles easy	✓	7.4	Poor	Low mood & bad weather
				Total	26.5		
WEEK 2							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
8	10-Jan	Tue	35 mins easy	✓	3.7	Poor	Difficult to get out of bed & stiff back
9	11-Jan	Wed	12 mins easy (2 mins at threshold, 2 mins jog) x 6, 12 mins easy = 48 mins	✓	8.2	OK	Did my marathon session, then led the Club Wellbeing group for 2 loops
10	12-Jan	Thu	Rest	✓			
11	13-Jan	Fri	40 mins steady	✓	5.1	OK	though. Sure that cold weather does not help.
12	14-Jan	Sat	Gym	✓		OK	Done on Sunday
13	15-Jan	Sun	10 mins easy, 30 mins steady, 10 mins easy = 50 mins	✓	5.8	OK	Took some nice pics, inc one of a UFO! Pleasant sunny day but cold. Run on Saturday
14	16-Jan	Mon	8 miles easy	✓	8.6	Poor	Really stiff again - even more so. Think the Gym work yesterday is mainly to blame
				Total	31.4		

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WEEK 3							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
15	17-Jan	Tue	35 mins easy	✓	3.5	OK	Kept it mainly on grass to reduce impact.
16	18-Jan	Wed	12 mins easy (3 mins at threshold, 2 mins jog) x 6, 12 mins easy = 54 mins	✗			Back pain/injured - out of action
17	19-Jan	Thu	Rest	✓			
18	20-Jan	Fri	1 mile easy (1 mile steady, 1 mile tempo) x 2, 1 mile easy	✗			Back pain/injured - out of action
19	21-Jan	Sat	Gym	✗			Back pain/injured - out of action
20	22-Jan	Sun	10 mins easy, 10 mins steady, 10 mins hard, 10 mins easy = 40 mins	✗			Back pain/injured - out of action
21	23-Jan	Mon	10 miles easy	✓	2.0	OK	Walked to West Bay then came back and did 2 mile gentle jog on grass to test my body.
				Total	5.5		
WEEK 4							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
22	24-Jan	Tue	30 mins easy	✓	4.2	OK	Back did not feel great but stuck with it
23	25-Jan	Wed	40 mins easy	✓	6.0	Good	My own gentle run plus coaching the 'wellbeing group' with the club. Good feeling - the back 'much' better.
24	26-Jan	Thu	Rest	✓			
25	27-Jan	Fri	30 mins easy	✓	3.6	OK	Again back felt uugh but eased off.
26	28-Jan	Sat	Gym	✓		Good	Felt fresh and revived from it. Good sign.
27	29-Jan	Sun	30 mins easy	✓	7.3	Good	Classic Sunday morning run with the club. Great company! Fell on me ass in mud & cut my hand.
28	30-Jan	Mon	8 miles easy	✓	8.3	OK	Misty rain & fell flat on my ass in the mud (again!) but feeling OK considering.
				Total	29.4		

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WEEK 5							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
29	31-Jan	Tue	40 mins easy	✓	4.6	OK	Getting back to normal.
30	01-Feb	Wed	12 mins easy (4 mins at threshold, 2 mins jog) x 5, 12 mins easy = 54 mins	✓	6.3	OK	Worried about going straight into quite a hard session for first time in nearly 3 weeks but it went ok.
31	02-Feb	Thu	Rest	✓			
32	03-Feb	Fri	60 mins steady	✓	7.6	OK	Early start & missed the worst of the wind and rain. Slight strain of right quad towards
33	04-Feb	Sat	Gym	✓		OK	Did all exercises except Russian Twist. (Done on Sunday.)
34	05-Feb	Sun	12 mins easy, 3 mile tempo run, 12 mins easy	✓	6.0	OK	Run on Saturday. 21:33 for the 5K tempo section. New Saucony Zealot road shoes!
35	06-Feb	Mon	12 miles easy	✓	12.0	Good	First proper long run & felt fine.
				Total	36.5		
WEEK 6							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
36	07-Feb	Tue	40 mins easy	✓	4.3	OK	8.5 min/mile pace is feeling 'easy'
37	08-Feb	Wed	12 mins easy (60 seconds hard, 90 secs jog recovery) x 8, 12 mins easy = 44 mins	✓	8.3	Good	Used Bradpole cycle path. Felt pretty good when pushing it out a bit. Form felt good. (3.5 mile extra leading the Club wellbeing group).
38	09-Feb	Thu	Rest	✓			
39	10-Feb	Fri	12 mins easy (8 mins tempo, 3 mins easy jog recovery) x 3, 12 mins easy = 57 mins	✓	6.5	OK	
40	11-Feb	Sat	Gym	✓		OK	ALL exercises <i>including</i> Russian Twist!
41	12-Feb	Sun	10 mins easy, 30 mins steady, 10 mins easy = 50 mins	✓	5.2	Poor	Ran with the Club but 2 miles in got back twinges. Quite worried so cut it short.
42	13-Feb	Mon	15 miles easy or Half Marathon training run	✓	15.0	Poor	Late decision to go for it. Glad I did but felt v tired in second half, heavy legs.
				Total	39.3		

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WEEK 7							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
43	14-Feb	Tue	40 mins easy	✓	4.1	OK	Walked first 5 mins. Kept it mainly on grass.
44	15-Feb	Wed	12 mins easy (4 mins tempo, 2 mins easy jog recovery) x 6, 12 mins easy = 60 mins	✓	8.8	OK	Felt ok in fairly mild weather down at West Bay.
45	16-Feb	Thu	Rest	✓			
46	17-Feb	Fri	65 mins steady	✓	8.0	Good	Slotting into 8 min mile pace fairly easily. Probably bit faster than I should be today.
47	18-Feb	Sat	Gym	✓		OK	
48	19-Feb	Sun	12 mins easy (hills: 45 secs hard uphill, jog down recover) x 10, 12 mins easy	✓	4.6	Poor	Felt tough right from the first rep. Dizzy & staggering after the 9th!
49	20-Feb	Mon	17 miles steady-paced long run. (Practice fuel & hydration)	✓	17.0	OK	14 miles road, 3 miles off road. Trip down memory lane - running through Bride Valley.
				Total	42.5		
WEEK 8							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
50	21-Feb	Tue	40 mins easy	✓	4.3	OK	Gentle jog on grass
51	22-Feb	Wed	12 mins easy (70 seconds hard, 2 mins jog recovery) x 10, 12 mins easy = 56 mins	✓	10.7	OK	6.3 miles training session then 4.4 miles with wellbeing group at club night.
52	23-Feb	Thu	Rest	✓			
53	24-Feb	Fri	12 mins easy (7 mins, 6 mins, 5 mins, 4 mins, 3 mins, 2 mins all at threshold with 2 mins jog recovery) 12 mins easy = 63 mins	✓	6.8	OK	That was a VERY tough session - deceptive. Didn't help that I ran it over the Beacon course, so 176 metres of climbing as well.
54	25-Feb	Sat	Gym	✓			
55	26-Feb	Sun	10 mins easy, 20 mins steady, 10 mins easy = 40 mins	✓	4.2	OK	Briefly joined the club session but turned back early to stick to only 40 mins or so.
56	27-Feb	Mon	20 miles steady (run last 4 at marathon pace)	✓	20.0	Poor	Unbelievably tough. Just felt tired and sluggish from 6 miles on & yet, ran miles 17/18/19 at 7:50/mile
				Total	46.0		

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WEEK 9							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
57	28-Feb	Tue	40 mins easy	✓	4.2	Poor	Pain in right knee - legacy of yesterday's 20 miles on road.
58	01-Mar	Wed	12 mins easy (3 mins threshold, 90 secs jog recovery) x 4, 15 mins at marathon pace, 12 mins easy = 56 mins	✓	7.6	OK	Combined with the club session. Felt quite strong but now my right knee is feeling bad.
59	02-Mar	Thu	Rest	✓			
60	03-Mar	Fri	70 mins steady	✗			Right Knee painful - out of action
61	04-Mar	Sat	Gym	✓		OK	Lighter weights on the leg exercises to avoid making knee worse.
62	05-Mar	Sun	10 mins easy, 10 mins steady, 10 mins marathon pace, 10 mins hard, 10 mins easy = 50 mins	✓	5.1	OK	Did 50 mins to test the knee but did not push the pace as much as the session plan asks. Knee felt good, v slight niggle towards end.
63	06-Mar	Mon	13 miles steady	✗	1.2	Poor	Had to stop after a mile - right knee sore, still not healed - crap!
				Total	18.1		
WEEK 10							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
64	07-Mar	Tue	40 mins easy	✗			Resting the knee
65	08-Mar	Wed	12 mins easy (90 seconds threshold, 30 secs hard, 2 mins easy) x 8, 12 mins easy = 56 mins	✗			Resting the knee
66	09-Mar	Thu	Rest	✓			
67	10-Mar	Fri	40 mins steady	✓	4.1	Poor	Steady run mainly off road. Knee uncomfortable most of the time.
68	11-Mar	Sat	Gym	✓			
69	12-Mar	Sun	Race The Grizzly - 20 miles tough off road	✓	8.9	Good	Did The Cub (baby version of Grizzly) and felt fine.
70	13-Mar	Mon	Rest				
				Total	13.0		

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WEEK 11							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
71	14-Mar	Tue	40 mins easy + Gym	✓	4.3	Good	No discomfort in the r knee at all - first time in 2 weeks. Recovered?
72	15-Mar	Wed	12 mins easy (3 mins tempo, 2 mins jog recovery) x 6, 12 mins easy = 54 mins	✓	7.7	OK	Incorporated with the Club Training session - blowing me whistle!
73	16-Mar	Thu	Gym	✓		Good	2nd gym session in the week!
74	17-Mar	Fri	70 mins steady	✓	7.5	OK	An 'ok' run to the Beacon.
75	18-Mar	Sat	15 mins easy + Gym	✓	1.7	OK	1st time on treadmill for years!
76	19-Mar	Sun	Race a Half Marathon to practice race day prep	✓	13.1	Good	Ran it at pace - aimed for 8 min/mile. Averaged 7:50 and ran last 4 miles at 7:32
77	20-Mar	Mon	Rest	✓			
				Total	34.3		
WEEK 12							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
78	21-Mar	Tue	40 mins easy	✓	4.4	OK	First early morning run for sometime.
79	22-Mar	Wed	12 mins easy (6 mins threshold, 2 mins jog recovery) x 5, 12 mins easy = 64 mins	✓	9.0	Good	Hard session on West Bay prom with fellow club members. Felt strong.
80	23-Mar	Thu	Rest	✓			
81	24-Mar	Fri	80 mins steady	✓	9.2	Good	Out to Cogden Beach and back. Nice ordinary run.
82	25-Mar	Sat	Gym	✓		Good	Slightly increased the weights on the leg exercises.
83	26-Mar	Sun	10 mins easy, 15 mins marathon pace, 15 mins faster, 10 mins easy = 50 mins	✓	5.3	Good	First club run since the clocks changed. Lovely day.
84	27-Mar	Mon	22 miles easy (just bank the miles)	✓	22.2	OK	So so pleased to get this major long run out of the way with body still intact. Ran mile 20 at 7:50. Like that!
				Total	50.1		

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WEEK 13							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
85	28-Mar	Tue	40 mins easy	✓	4.4	Good	Kept it flat and on grass.
86	29-Mar	Wed	12 mins easy (4 mins marathon pace, 60 secs faster, 60 secs jog recovery) x 6, 12 mins easy = 60 mins	✓	7.8	Good	Funny old mix of interval training down at West Bay but felt fine. On my own tonight, no other club members.
87	30-Mar	Thu	Rest	✓			
88	31-Mar	Fri	12 mins easy (2 mins threshold, 2 mins easy jog) x 10, 12 mins easy = 64 mins	✓	7.6	OK	Used the Bradpole cycle path for the first time in while.
89	01-Apr	Sat	Gym	✓		OK	Shoulders inflexible & painful but legs & knees are fine. Have increased most of the weights from when I first started gym work.
90	02-Apr	Sun	40 mins easy	✓	4.4	OK	
91	03-Apr	Mon	170 mins - run 80 mins one direction, turn & try to run home faster	✓	19.0	Good	Wow! Ran along Exe Estuary - from Exter Quay to Cockwood & back. Best run so far!
				Total	43.2		
WEEK 14							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
92	04-Apr	Tue	35 mins easy	✓	3.7	Good	With the recovery run dropping to 35 mins, after so long at 40, it feels like I've turned onto the last bend of training.
93	05-Apr	Wed	12 mins easy (3 mins threshold, 90 secs jog recovery) x 8, 12 mins easy = 60 mins	✓	7.3	OK	West Bay yet again! Felt tough.
94	06-Apr	Thu	60 mins steady	✓	4.4	OK	Reduced it to 40 mins due to sore right quad.
95	07-Apr	Fri	Rest	✓			
96	08-Apr	Sat	Race Coastal Trail Series 10K at Exmoor	✓	7.3	OK	12th overall & 1st veteran (M55). THE toughest 10K ever!
97	09-Apr	Sun	Gym	✓		OK	Legs still stiff from yesterday's race but the muscles coped with a bit more work.
98	10-Apr	Mon	90 mins easy run	✓	10.6	OK	On road through Bride Valley - last run there?
				Total	33.3		

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Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
99	11-Apr	Tue	30 mins easy	✓	3.3	OK	
100	12-Apr	Wed	10 mins easy, 15 mins marathon pace (60 secs threshold, 60 secs walk recovery) x 4, 10 mins easy = 43 mins	✓	5.5	Good	Felt like a slightly odd mix of a session and pretty easy now that I'm tapering down. Day 100 since training started!!
101	13-Apr	Thu	Rest	✓			
102	14-Apr	Fri	10 mins easy, (2 mins tempo, 2 mins jog recovery) x 5, 10 mins marathon pace, 10 mins easy = 50 mins	✓	6.4	Good	On the road down to West Bay again! Everything's feeling so easy now ... the last proper interval session.
103	15-Apr	Sat	Rest	✓			
104	16-Apr	Sun	70 mins easy run	✓	8.2	OK	West Bay & Bridport - jogging pavements. Last 'long' run!
				Total	23.4		
WEEK 16							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
105	17-Apr	Mon	20 mins easy	✓	2.3	Good	Felt relaxed and easy - so it should!
106	18-Apr	Tue	10 mins easy, 2 miles at marathon pace, 10 mins easy = 36 mins (approx)	✓	4.2	Good	8 min mile pace feels easy. Still got bit of pain in left shoulder (rotator cuff).
107	19-Apr	Wed	Rest	✓			Still got pain & discomfort in shoulder.
108	20-Apr	Thu	15 mins easy	✓	2.0	Good	Cold, early morning jog through Bridport Town. The last run!
109	21-Apr	Fri	Rest	✓			Shoulder still painful & annoying.
110	22-Apr	Sat	Rest	✓			
111	23-Apr	Sun	LONDON MARATHON	✓	26.2	?	Thank God, it's all over.
112	24-Apr	Mon	Rest! Rest! Rest! Rest! Rest! Rest! Rest!				
				Total	34.7		