

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				
40	11-Feb	Sat	Gym				
41	12-Feb	Sun	10 mins easy, 30 mins steady, 10 mins easy = 50 mins				
42	13-Feb	Mon	15 miles easy or Half Marathon training run				
				Total	12.6		

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WEEK 7							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
43	14-Feb	Tue	40 mins easy				
44	15-Feb	Wed	12 mins easy (4 mins tempo, 2 mins easy jog recovery) x 6, 12 mins easy = 60 mins				
45	16-Feb	Thu	Rest				
46	17-Feb	Fri	65 mins steady				
47	18-Feb	Sat	Gym				
48	19-Feb	Sun	12 mins easy (hills: 45 secs hard uphill, jog down recover) x 10, 12 mins easy				
49	20-Feb	Mon	17 miles steady-paced long run. (Practice fuel & hydration)				
				Total			
WEEK 8							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
50	21-Feb	Tue	40 mins easy				
51	22-Feb	Wed	12 mins easy (70 seconds hard, 2 mins jog recovery) x 10, 12 mins easy = 56 mins				
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				
54	25-Feb	Sat	Gym				
55	26-Feb	Sun	10 mins easy, 20 mins steady, 10 mins easy = 40 mins				
56	27-Feb	Mon	20 miles steady (run last 4 at marathon pace)				
				Total			

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WEEK 9							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
57	28-Feb	Tue	40 mins easy				
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				
59	02-Mar	Thu	Rest				
60	03-Mar	Fri	70 mins steady				
61	04-Mar	Sat	Gym				
62	05-Mar	Sun	10 mins easy, 10 mins steady, 10 mins marathon pace, 10 mins hard, 10 mins easy = 50 mins				
63	06-Mar	Mon	13 miles steady				
				Total			
WEEK 10							
Plan Day	DATE	DAY	SESSION	DONE	DISTANCE	FEELING	COMMENTS
64	07-Mar	Tue	40 mins easy				
65	08-Mar	Wed	12 mins easy (90 seconds threshold, 30 secs hard, 2 mins easy) x 8, 12 mins easy = 56 mins				
66	09-Mar	Thu	Rest				
67	10-Mar	Fri	12 mins easy (10 mins tempo, 3 mins easy jog recovery) x 3, 12 mins easy = 63 mins				
68	11-Mar	Sat	Gym				
69	12-Mar	Sun	40 mins easy				
70	13-Mar	Mon	20 miles steady (aim to run the last 3 miles faster)				
				Total			