



# 20 WEEK MARATHON TRAINING PLAN

## Beginners/intermediate

This Palestine Marathon training plan is designed for people who are able to run 5K's around 20 weeks prior to the marathon. The pace is not important. It's especially suited for first timers and will get you across this historic finish line. The program is based on three weekly sessions.

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| <b>WEEK 1</b><br>5 KM SP<br>4 KM PR<br>5 KM SP   | <b>WEEK 11</b><br>10 KM PR<br>4x1 KM IT, <i>P: 3min.</i> (15 min warm up)<br>17 KM LSD  |
| <b>WEEK 2</b><br>6 KM SP<br>4 KM PT<br>6 KM SP   | <b>WEEK 12</b><br>6 KM MP<br>6 KM SP including 6x1 min. FL, <i>P: 2min.</i><br><b>21,1 KM test running PT (a race, if possible)</b> |
| <b>WEEK 3</b><br>6 KM SP<br><b>5 KM test running PT</b><br>8 KM SP                       | <b>WEEK 13</b><br>8 KM SP<br>8 KM SP including 8x2 min. SG, <i>P: 2min</i><br>24 KM LSD   |
| <b>WEEK 4</b><br>5 KM MP<br>6 KM SP including 5x2 min. FL, <i>P: 2min.</i><br>5 KM SP    | <b>WEEK 14</b><br>10 KM PR<br>10 KM MP<br>26 KM LSD   |
| <b>WEEK 5</b><br>6 KM SP<br>5 KM PR<br><b>10 KM test running PT</b>                      | <b>WEEK 15</b><br>12 KM MP<br>5x1 KM IT, <i>P: 2min.</i> (15 min warm up)<br>28 KM LSD  |
| <b>WEEK 6</b><br>5 KM MP<br>7 KM SP including 10x1 min. SG, <i>P: 2min.</i><br>12 KM LSD | <b>WEEK 16</b><br>5 KM SP<br>20 KM LSD<br><b>10 KM test running</b>   |
| <b>WEEK 7</b><br>6 KM MP<br>8 KM SP including 8x2 min. SG, <i>P: 2min.</i><br>14 KM LSD  | <b>WEEK 17</b><br>14 KM SP<br>8 KM MP<br>30 KM LSD  |
| <b>WEEK 8</b><br>5 KM SP<br><b>5 KM test running PT</b><br>10 KM LSD                     | <b>WEEK 18</b><br>12 KM MP<br>8 KM SP including 8x2min FL, <i>P: 2min</i><br>15 KM LSD  |
| <b>WEEK 9</b><br>8 KM SP<br>10 KM SP including 6x3 min. SG, <i>P: 2min.</i><br>16 KM LSD | <b>Week 19</b><br>10 KM MP<br>6 PR<br>12 KM LSD   |
| <b>WEEK 10</b><br>6 KM SP<br>8 KM MP<br>19 KM LSD  | <b>WEEK 20</b><br>6 KM MP<br>6 KM MP<br><b>Marathon</b>   |

IT: Interval training

LSD: Long Slow Distance

MP: Your desired Marathon Pace

PR: Progression Run

P: Pause

FL: Fartlek (Speed game)

SP: Slow Pace

PT: Pace Training



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## **Listen to your body**

Use this plan as a guideline. You should always listen to your body. Respect old injuries or stressful periods in your life. Adjust the program according to your current level, or the time you have for one session or the number of weekly sessions. If you have time/energy for a fourth session, it's a good idea to do alternative training such as swimming, cycling, yoga, badminton etc.

## **Goal**

Before starting your training and following the plan, it is a good idea to set a goal for your marathon. A goal works as great motivation and will help you structure your training. The objective can be either finishing the marathon or running it in 3, 4 or 5 hours.

## **The different types of training in the plan**

### ***Warm up and cool down***

Always remember to warm up before running interval or test running. Warm up usually starts by slowly running in combination with 2 or 3 runs of speed upgrading where your pulse rises. Also remember to "slow down" for 10 minutes at the end of a hard run.

### ***Slow Pace***

A slow trip consists of a slow and even tempo. The intensity should be set at a level where you can still chat when running.

### ***Long Slow Distance***

The essence of this workout is the distance and the time that is spend running – you are training endurance **not** speed.

### ***Fartlek (speed game)***

Here you run the given periods fast with jogging as pauses between every fast period. You always begin (about 2 kilometres) and end your speed game with slow running.

### ***Interval training***

Remember to always warm up decent before starting out the intervals. In the pauses in between the interval workout you either walk or stand up. The intervals themselves should be hard to do.

### ***Pace Training***

A tempo trip is run in an even and hard tempo. It should feel hard the last couples of kilometres.

### ***Progression Run***

The progressive trip starts out slowly and thereafter the tempo is increased approximately every 2 kilometre.

### ***Test/Competition***

It is a good idea to sign up for some shorter races, e.g. 5, 10 and 21.1K's. Here you should run as fast as possible – without burning out, though!