

Survive the Cork Marathon Plan (ADVANCED)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	45min JOG	12 x 1min SPRINTS	60min RUN	6 x 3min SPRINTS	REST	45min JOG	90min RUN
2	45min JOG	Hills 12 x 1min	60min JOG	4 x 5min SPRINTS	REST	45min RUN	2hr JOG
3	45min JOG	Hills 8 x 2min	75min JOG	5 x 5min SPRINTS	REST/JOG	45min RUN	2hr 15min JOG
4	45min JOG	16 x 1min SPRINTS	75min RUN	6 x 5min SPRINTS	REST/JOG	2 x 10min SPRINTS	13.1 miles (half-marathon distance)
5	45min JOG	10 x 2min SPRINTS	90min JOG	4 x 6min SPRINTS	REST/JOG	2 x 12min SPRINTS	2hr 30min or 10k race
6	45min RUN	8 x 2min SPRINTS	90min JOG	3 x 10min SPRINTS 5mins recovery	REST/JOG	4 mile SPRINT	3hr RUN very steady or 10-mile race
7	60min JOG	20 x 1min SPRINTS	90min JOG	3 x 10min SPRINTS 3min recovery or 4-mile race	REST/JOG	1hr hilly run hard	3hr RUN
8	60min JOG	12 x 2min SPRINTS 1min off	100min JOG	7 x 5min SPRINTS 3mins recovery	45min JOG	REST	20mile RUN
9	60min JOG	15 x 1min SPRINTS hills	90min JOG	8 x 5min SPRINTS or 6-mile race	REST	45min JOG	3hr RUN
10	45min JOG	3 x 10min SPRINTS 3mins recovery	90min JOG	5 x 5min SPRINTS 2min recovery or 5k race	REST/JOG	30min JOG	13.1 miles (half-marathon distance)
11	30min JOG	12 x 1min SPRINTS	75min @ race pace	5 x 3min SPRINTS or 5-mile race	REST	30min JOG	10k SPRINT
12	30min JOG	REST	10 x 1min SPRINTS	REST	30min JOG	REST or JOG	20min JOG or WALK
MONDAY 1st JUNE 2009: BORD GÁIS ENERGY CORK CITY MARATHON							

JOG = easy running; **RUN** = steady pace, begin to sweat, still able to talk; **SPRINT** = fast pace, unable to talk; **REST** means exactly that! **ALWAYS** warm up before a run and warm down after. **Please note you should use a reasonable recovery time between your repetitions.**

This is a sample training programme and will not suit everyone. For advice on training to suit you, you should consult a Coach or go to a local running, fitness or leisure club. Consider light shoulder weights or swimming throughout plan.

Only undertake the training and the marathon after medical advice.