

Survive the Cork Marathon Plan (IMPROVERS)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	45mins JOG	60mins JOG	REST	40mins JOG, incl. hills	REST	20mins SPRINT	90mins JOG
2	45mins JOG	REST	60mins JOG	12 x 1min SPRINT	REST	60mins incl. 30mins SPRINT	100mins JOG
3	45mins JOG	REST/JOG	75mins RUN	8 x 2mins SPRINT	REST	60mins incl. 30mins SPRINT	2hrs JOG very easy
4	50mins JOG	REST/JOG	75mins RUN	6 x 3mins SPRINT	REST	40mins JOG	13.1 miles (half-marathon distance)
5	45mins JOG	12 x 1min on hills	75mins RUN	45mins JOG	REST/JOG	45mins JOG	2hrs 30mins or 10k race
6	30mins JOG	45mins RUN	90mins JOG	REST	30mins JOG	warm up 30mins hard warm down	2hrs 30mins RUN or 10-mile race
7	45mins JOG	5 x 5mins SPRINT	90mins JOG	hills 12 x 90secs or 4-mile race	REST/JOG	30mins JOG	3hrs JOG very easy
8	30mins JOG	45mins JOG	90mins JOG	REST	16 x 1mins SPRINT	30mins JOG	20 miles RUN
9	30mins JOG	3 x 10mins SPRINT with 5min JOG	90mins JOG	REST	45mins JOG	30mins JOG	3 hours JOG
10	45mins JOG	3 x 10mins SPRINT with 3min JOG	90mins JOG	REST	45mins RUN	REST/JOG	13.1 miles (half-marathon distance)
11	30mins RUN	8 x 5mins SPRINT with 3min JOG	75mins JOG	30mins SPRINT or 5-mile race	45mins JOG	REST	6 miles SPRINT
12	30mins JOG	45mins RUN	REST	30mins JOG	REST	REST	20mins JOG/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.