

Cork City Marathon - Marathon Plan Very Experienced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	5 mile jog	rest	3 miles (1 mile jog, followed by one mile run, followed by 1 mile jog)	rest	6 mile jog	8 miles jog	Rest	22
2	6 mile jog	rest	5 mile run (3 jog, 2 run, jog/run/jog/run/jog)	rest	6 miles jog	9 miles jog	rest	26
3	6 mile jog	rest	4 mile run	rest	6 miles jog	10 miles (first 6 jog last 4 marathon pace)	10 miles jog	36
4	6 mile jog	5 mile jog	6 miles jog	rest	6 miles jog	13 miles (first 8 jog last 5 maraton pace)	10 miles jog	46
5	rest	7 mile jog	6 miles (include approx 4 hill sprints, jog the rest)	8 miles jog	6 miles jog	15 miles (9 jog, 6 marathon pace)	13 miles jog	55
6	rest	8 mile jog	4 X 800 meter repeat sprints even (Yasso 800s)*	8 miles jog	6 miles jog	17 miles (10 Jog , 7 marathon pace)	13 miles jog	54
7	rest	8 mile jog	5 x 800 meter repeat sprints even (Yasso 800s) *	8 miles jog	6 miles jog	20 Miles (12 jog , 8 marathon pace)	10 miles jog	54.5
8	rest	8 mile jog	Hill Repeat Session (4 mile run total 6 hill repeats)	8 miles jog	6 miles jog	20 miles jog (12 jog, 8 marathon pace)	13 miles jog	59
9	rest	7 mile jog	6 X 800 meter repeat sprints even (Yasso 800s) *	8 miles jog	6 miles jog	21 miles jog (11 jog, 10 Marathon Pace)	13 miles jog	58
10	rest	6 mile jog	7 X 800 meter repeat sprints even (Yasso 800s) *	8 miles jog	6 miles jog	13 miles marathon pace	13 Mile Jog	49.5
11	rest	8 mile jog	9 X 800 Meter repeat sprints even (Yasso 800s) *	4 miles jog	6 miles jog	20 miles jog (9 jog, 11 Marathon Pace)	15 miles jog	57.5
12	rest	6 mile jog	10 X 800 meter repeat sprints even (Yasso 800s) *	8 miles jog	6 mile jog	15 miles jog (8 Jog , 7 marathon pace)	13 miles jog	53
13	rest	6 mile jog	4 miles (approx 4 or 5 short random 75 meter sprints during 4 mile jog)	8 miles jog	4 miles jog	13 miles jog	rest	35
14	6 miles	5 Mile Marathon Pace	3 miles (approx 4 or 5 short random 75 meter sprints during 3 mile jog)	rest	6 miles jog	10 miles jog	Rest	30
15	rest	2 miles jog	4 mile jog	rest	3 mile jog	Rest	Raceday	35

***Yasso 800s are 800M interval sprints at a pace replacing your marathon goal of hours and minutes to minutes and seconds. 800m = 1/2 mile**
So for example if your marathon target is 3 hour 30 minute you should run each 800m in 3 mins 30 seconds and for a 3 hour Marathon target you should run each 800M in 3 minutes.
Traditionally gaps between intervals are set rougly at 3 to 3 mins 30 seconds. But this can be shortened depending on the runner.