

Cork City Marathon 1/2 Marathon Plan for Experienced Runners

Having competed in several Half Marathons previously

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	4 mile jog	rest	6 mile run (30 second per mile slower than race pace)	3 miles jog	rest	6 mile run	rest	19
2	6 mile jog	rest	6 mile run (30 second per mile slower than race pace)	5 miles jog	rest	8 miles jog	5 mile jog	30
3	6 mile jog	rest	7 mile race pace	6 miles jog	rest	9 miles jog	6 mile jog	34
4	6 mile jog	rest	4 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 4.	6 miles jog	rest	6 miles jog 4 miles race pace (10 miles one session)	6 mile jog	30
5	rest	6 mile jog	5 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 4.	6 miles jog	rest	5 miles jog 5 miles race pace (10 miles one session)	6 miles jog	30.5
6	rest	7 mile jog	6 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 4.	6 miles jog	rest	8 miles jog	6 miles jog	30
7	rest	6 mile jog	6 mile (approx 5 or 6 75 meter random sprints during 6 mile jog)	6 miles jog	rest	7 miles jog 6 miles race pace (13 miles total one session)	5 miles jog	36
8	rest	7 mile jog	6 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 4.	6 miles jog	rest	6 miles jog 6 miles race pace (12 miles total one session)	5 miles jog	33
9	rest	6 mile jog	6 mile (approx 5 or 6 75 meter random sprints during 6 mile jog)	3 miles jog	rest	9 miles jog	5 mile jog	29
10	rest	3 mile race pace	4 miles jog	rest	5 miles jog	Rest	raceday	25