

Cork City Marathon 1/2 Marathon Plan Very Experienced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1	6 mile jog	rest	6 mile run (45 seconds per mile slower than race pace)	6 miles jog	rest	6 mile run	rest	24
2	6 mile jog	rest	6 mile run (40 seconds per mile slower than race pace)	5 miles jog	rest	8 miles jog	6 mile jog	26
3	6 mile jog	rest	7 mile run (30 seconds per mile slower than race pace)	6 miles jog	rest	6 Mile Jog, 3 Mile 15 seconds per mile slower than race pace (9 mile total one session)	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 15 seconds per mile slower than race pace (11mile total one session)	10 miles jog	35
5	rest	8 mile jog	5 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 5.	8 mile jog	rest	5 miles jog, 5 miles 15 seconds per mile slower than race pace (10 miles one session)	10 miles jog	38.5
6	rest	8 mile jog	6 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 6.	8 mile jog	rest	6 miles at race pace	10 miles jog	35
7	rest	8 mile jog	6 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 6.	8 mile jog	rest	7 miles jog, 6 miles 15 seconds slower than race pace (13 miles total one session)	10 miles jog	42
8	rest	6 mile jog	8 mile at race pace	6 miles jog	rest	8 miles jog	10 miles jog	38
9	rest	10 mile jog	6 miles (approx 5 or 6 short random sprints during 6 mile jog)	5 miles jog	5 miles jog	rest	10 miles at race pace	36
10	rest	8 mile jog	6 X 800 meter (half mile) full effort 30 second break inbetween. Keep pace even for all 6.	6 miles jog	rest	4 miles jog 8 miles 7 minute mile pace (12 miles total one session)	8 miles jog	37
11	rest	8 mile jog	6 miles (approx 5 or 6 short random sprints during 6 mile jog)	3 miles jog	rest	9 miles jog	5 mile jog	31
12	rest	3 mile 7 minute mile pace	4 miles jog	rest	5 miles jog	Rest	raceday	26