



Robin Hood Marathon Training Programme

This 10 week programme is for anyone who already has a good general level of fitness and can run comfortably for >30mins. It would suit those that run regularly (2-3 times/week) and those that have already taken part in local 5mile or 10K races.

Training Principles

Warm up/Cool Down: This should consist of a 10-15min easy run followed by stretching. It is possible to include the warm-up in the main set i.e. do the first 15min easy of a long run or tempo run. Never start a fast run session without a warm-up. This can lead to injury.

Group Sessions: Although running is an individual sport, it is very beneficial to train as a group. This will give motivation to those that find training a chore and it also means that people will be less likely to miss training. Training as a group also triggers competitive instincts meaning that you will push yourself harder and ultimately become fitter.

Monitor your progress: Arranging a weekly timed event is a great way to monitor your progress. A measured route (a circuit or an out and back course) can be found simply by driving the distance or cycling and using a speedometer. A suitable time is then agreed amongst fellow training partners. This then becomes a weekly event (same time, same meeting place, same distance, same course) where you should see a gradual improvement over the weeks.

Variation: Running 5 times a week at the same pace will not bring many improvements. The body needs to be pushed and sometimes overloaded in order for adaptations to occur. Things like increased blood flow, oxygen transport to the muscle, muscle strength, metabolic enzyme activity will not happen if there is no change to the intensity and duration of the training. Perhaps more importantly for some is the variety as this keeps things interesting and enjoyable.

Rest/Recovery: Rest days are as important as training days. It allows muscular and respiratory adaptations to take place in your body. In addition, not getting the appropriate rest will mean that the quality of your next training session will suffer.

Nutrition/Hydration: Becoming fitter and running faster is not just down to how hard and how much you train. A lot of it comes down to the fuel you provide your body with as it is well known that nutrition affects performance.

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------------|-----------------------------------|--|-----------------------|--|------|--|-------------------------------|
| Week 1 | Easy 30mins or rest | Fartlek: 6 x 1min, 1min rec | Easy 30mins | Tempo: 15min easy, 15min tempo, 15min easy | Rest | Easy: 45mins | Long Run: 1hr |
| Week 2 | Easy 30 mins or rest | Fartlek: 3x1min, 3x1.5min, 1min rec | Easy 45mins | Tempo: 15min easy, 15min tempo, 15min easy | Rest | Hill Run: 45mins | Long Run: 1hr |
| Week 3 | Easy 30 mins or rest | Intervals: 6 x 400m, 1.5min rec | Easy 45mins | Timed 5M | Rest | Hill Run: 1hr | Long Run: 1hr |
| Week 4 | Easy 30 mins or rest | Pyramid session: 400, 800, 1200, 800, 400m 1, 2, 3, 2, 1min rec | Easy 45mins | Timed 5M | Rest | Hill Run: 1 hr with 4-5 repeats | Long Run: 1hr 15min |
| Week 5 | Easy 30 mins or rest | Intervals: 6 x 800, 2min rec | Easy 45mins | Timed 5M | Rest | Hill Run: 1 hr with 4-5 repeats | Long Run: 1hr 15min |
| Week 6 | Easy 30 mins | Intervals: 5 x 1200m, 2.5min rec | Easy 45min | Timed 5M | Rest | Hill Run: 1hr Or Race | Long Run: 1.5hr |
| Week 7 | Easy 30 mins | Intervals: 4 x 1mile, 3min rec | Easy 45min | Timed 5M | Rest | Hill Run: 1hr | Long Run: 1.5hr |
| Week 8 | Easy 30 mins | Intervals: 6 x 800m, 1.5min rec | Easy 45min | Timed 5M | Rest | Hill Run: 1hr Or Race | Long Run: 1.5hr |
| Week 9 | Easy 30 mins | Intervals: 8 x 400m, 1min rec | Easy 30min | Timed 5M | Rest | Easy 1hr | Long Run: 1.5hr |
| Week10 | Easy 30 mins | Tempo: 30mins | Easy 30min | 5 x 200m, 1min rec | Rest | Rest | RACE |

NOTES:

- Rec = Recovery. During interval sessions this involves slow jog and walking to allow for maximum recovery. During Fartlek session this involves more of a steady jog, no walking.
- Race days. Good preparation for working out nutrition and hydration strategies. Also useful for setting your preferred pace. Ideally choose 5mile or 10K races.
- Hill Runs: A route with several undulations is required, preferably wooded or mountainous terrain. If this is not accessible then a hilly road route could be used. Hill repeats should be done using a gradual climb between 200 and 400m in length. Each repeat is performed at a tempo pace and you recover by jogging back to the baseline each time.



Key:

This programme consists of 5 types of runs:

1. **Easy Run:** This should be a nice easy jog where you are able to hold a conversation with someone. (<60% HR max)
2. **Long Run:** Slightly faster than an easy run but still able to hold a conversation. (<65% HR max)
3. **Tempo Run:** This should be done at your 10K race pace. Not much talking here. At this pace you will be running at your lactate threshold. It teaches your body to run hard for longer periods. (<85% HR Max)
4. **Fartlek:** Best done in an open area on mixed terrain, park, woods, fields etc. Best option is to do it as a group. After warm-up, take it in turns to put in specified timed efforts e.g. 5 x 1min at a fast pace, with others having to follow wherever you go (no overtaking). Works well when the group is of similar abilities. (85-90% HR Max during fast splits, 70% HR max during recovery)
5. **Intervals:** Ideally use the local athletics track for this session. Alternatively, a football, rugby or cricket pitch can be used. These are high intensity sessions where you are running at your maximum capacity. (95%HR max).