

Running schedule marathon Advanced

•General preparation period

Begin: 20 weeks for the eventual aim.

End: 12 weeks for the eventual aim.

Therefore number of weeks: 8.

How frequently	What and how	How long
2 x per week	long quiet endurance training speed 1	60 up to 90 minutes *
2 x per week	average endurance training speed 2	45 up to 60 minutes
2 x per three weeks	average endurance training speed 2	30 up to 45 minutes
<u>At most</u> 1 x per 3 weeks	intensive endurance training speed 3	30 up to 45 minutes

* Explanation: not immediately the first week 90 minutes, but quietly builds per week.

•Specific preparation period

Begin: 12 weeks for the eventual aim.

End: 6 weeks for the eventual aim.

Therefore number of weeks: 6.

Frequently	What and how	Time/distance
1 x per week	extra long quiet endurance training speed 1	gradually to 18 mile
1 x per week	quiet endurance training speed 1	30 up to 45 minutes
1 x per two weeks	endurance marathon speed *	30 up to 45 minutes
1 x per two weeks	average endurance training speed 2	30 up to 45 minutes
1 x per week	average endurance training speed 2	45 up to 60 minutes
1 x per week	fartlek (or interval training ext. long **)	60 minutes / 6 miles

* Explanation: In other words endurance training speed 3 (93%).

** Explanation: Speed: 95% (a little more rapidly than marathon speed).
 Distances: 600m 800m 1000m 1500m 1690m 2000m Example: 4 x 1500m.
 Pause: effort time:pause proportion 1:0.5 to dribble.

•Intensive period

Begin: 6 weeks for the eventual aim.

End: 2 weeks for the eventual aim.

Therefore number of weeks: 4.

Frequently	What and how	Time/distance
1 x per week	extra long quiet endurance training speed 1	gradually to 21 mile
2 x per week	quiet endurance training speed 1	30 up to 45 minutes
1 x per two weeks	endurance marathon speed *	30 up to 45 minutes
1 x per two weeks	average endurance training speed 2	30 up to 45 minutes
1 x per week	average endurance training speed 2	45 up to 60 minutes
1 x per week	fartlek (or interval training ext. long **)	60 minutes / ± 6 miles

* Explanation: In other words endurance training speed 3 (93%).

** Explanation: Speed: 95% (a little more rapidly than marathon speed).
 Distances: 600m 800m 1000m 1500m 1690m 2000m 3000m Exp: 4x 2000m.
 Pause: effort time:pause proportion 1:0.5 to dribble.

The last two/four weeks

•Method 1

- Two weeks before the marathon the duration training are halved.
- The last week to the marathon you do not much: one time quiet endurance training of 30 minutes and three days before the marathon a fast endurance training of 25 minutes. The last days for the marathon you do simply (almost) nothing.
- Read also the page Race expectations and then especially the part about concerning carbohydrate-loading. Success!

•Method 2

The tapering-off period for the marathon start four weeks before the race. The first week you run 75 percent of the training scope of heaviest week. The week afterwards 50 percent. Hereafter 30 percent. And finally the week before the marathon only 15 per cent.

The first three weeks of this period you only reduce the scope of your endurance training. These last week you do especially interval training on 3.1 miles (5 km) race speed and marathon speed.