

**MARATHON TRAINING PROGRAM AUTUMN 2018**  
**(Tempo session Tues / Threshold session Thurs VAC Club Sessions)**

WEEK	RUN TYPE	COMMENT	WEEK	RUN TYPE	COMMENT
1 30.09.18	Long Run	12 miles - Hayling Billy Line	8 18.11.18	Long Run	18 miles - Round Hayling Island
	Tempo			Tempo	
	Threshold			Threshold	
	Extra			Extra	
2 07.10.18	Long Run	14 miles - Chalton	9 25.11.18	Long Run	16 miles - Farlington Marshes / Cosham
	Tempo			Tempo	
	Threshold			Threshold	
	Extra			Extra	
3 *14.10.18	Long Run	15 miles - Round Portsmouth	10 02.12.18	Long Run	20 miles - Rowlands Castle / Stansted
	Tempo			Tempo	
	Threshold			Threshold	
	Extra			Extra	
4 **20.10.18	Long Run	15 miles - Off road from Rowlands Castle	11 09.12.18	Long Run	14 miles - Thorney Island
	Tempo			Tempo	
	Threshold			Threshold	
	Extra			Extra	
5 28.10.18	Long Run	16 Miles - Westbourne / Chidham	12 16.12.18	Distance 1	10 miles - Emsworth
	Tempo			Tempo	
	Threshold			Threshold	Easy 5k
	Extra			Extra	
6 04.11.18	Long Run	16 miles - Purbrook / Widley	13 23.12.18		<b>Portsmouth Coastal Marathon</b>
	Tempo				
	Threshold				
	Extra				
7 11.11.18	Long Run	18 miles - Havant Thicket / Rowlands Castle	*Start from Farlington Marshes Car Park **Group run will be on Saturday to allow for those marshalling at Great South. Run will start from Rowlands Castle		
	Tempo				
	Threshold				
	Extra				

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1. The marathon training programme is designed to prepare you for the Portsmouth Coastal Marathon. The programme is equally suited to all.
2. The group will be running at around 10 min / mile. The routes will be posted in advance to allow quicker / slower runners to take on the runs. It is suggested that you buddy up where possible to support each other. Advice is always available during the weekday club sessions or on the Victory AC Marathon FaceBook page.
3. This is a guide only and is prepared as such.
4. The suggested runs can be undertaken in any order.
5. It is suggested that at least 2 runs are taken in a race environment, including one half marathon. HRRL events, make for good pacing sessions.
6. Finally, and most importantly, **listen to your body** if you are injured or tired then do not undertake a long run, do something else such as swimming or cycling or, better still, just rest!
7. Please contact me if you have any questions on this programme on 07803 506970 or by e-mail at [marathontraining@victoryac.org.uk](mailto:marathontraining@victoryac.org.uk)

***Paul Spooner***