

# *Victory Athletic Club*

*Affiliated to English Athletics; ARC, SEAA & HAA*

## **MARATHON TRAINING PROGRAMME 2017** (Threshold session Thurs / Distance 2 session Tues VAC Club Sessions)

WEEK	RUN TYPE	COMMENT	WEEK	RUN TYPE	COMMENT
<b>1</b> 08.01.17	Distance 1	12 miles flat	<b>8</b> 26.02.17	Distance 1	18 miles with hills
	Threshold	Bartons Road - Hills		Threshold	Winter Handicap
	Distance 2	Rowlands 10k Pacing Run		Distance 2	Farlington Avenue
	Extra			Extra	
<b>2</b> 15.01.17	Distance 1	13 miles with hills	<b>9</b> 05.03.17	Distance 1	16 miles flat
	Threshold	Warblington - 1 mile reps		Threshold	Bartons Road - Hills
	Distance 2	Emsworth 10k		Distance 2	Emsworth Tempo
	Extra			Extra	
<b>3</b> 22.01.17	Distance 1	15 miles flat	<b>10</b> 12.03.17	Distance 1	20 miles with hills
	Threshold	Warblington Railway Path - 400m		Threshold	West Leigh Cycle Track - Fartlek
	Distance 2	Farlington Avenue		Distance 2	Rowlands 10k - Pacing Run
	Extra			Extra	
<b>4</b> 29.01.17	Distance 1	16 miles with hills	<b>11</b> 19.03.17	Distance 1	16 miles flat
	Threshold	Winter Handicap		Threshold	Havant Park - 400/155
	Distance 2	Emsworth Tempo		Distance 2	Crookhorn
	Extra			Extra	
<b>5</b> 05.02.17	Distance 1	17 miles with flat	<b>12</b> 26.03.17	Distance 1	14 miles with hills
	Threshold	Bartons Road - Hills		Threshold	tbc
	Distance 2	Rowlands 10k - Pacing Run		Distance 2	Emsworth 10k
	Extra			Extra	
<b>6</b> 12.02.17	Distance 1	17 miles with hills	<b>12</b> 02.04.17	Distance 1	12 miles flat
	Threshold	Havant Park - Pyramids		Threshold	5 miles light easy pace
	Distance 2	Crookhorn		Distance 2	tbc
	Extra			Extra	

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WEEK	RUN TYPE	COMMENT	WEEK	RUN TYPE	COMMENT
7 19.02.17	Distance 1	18 miles flat	12 09.04.17	Brighton Marathon	
	Threshold	Warblington - 800m			
	Distance 2	Emsworth 10k			
	Extra				

1. The marathon training programme is designed to prepare you for Brighton marathon on 9<sup>th</sup> April, or indeed any other spring marathon being run in April or May 2017. The programme is equally suited to all.
2. This is a guide only and is prepared as such.
3. The suggested runs can be undertaken in any order.
4. It is suggested that at least 2 runs are taken in a race environment and consist of one of 20 miles and a half marathon. Additionally, there are a number of high grade 10k runs such as Stubbington, Chichester and Eastleigh that can be run as an 'extra' and which will aid your training. Don't forget also the TRXC and HRRL events.
5. 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!
6. Please contact me if you have any questions on this programme : e-mail [marathontraining@victoryac.org.uk](mailto:marathontraining@victoryac.org.uk)

**Paul Spooner**