

MARATHON TRAINING PROGRAM SPRING 2018
(Threshold session Thurs / Distance 2 session Tues VAC Club Sessions)

WEEK	RUN TYPE	COMMENT	WEEK	RUN TYPE	COMMENT
1 06.01.18	Distance 1	12 miles - Hayling Billy Line	8 24.02.18	Distance 1	16 miles - Chidham
	Threshold	Barton Road - Hills		Threshold	Winter Handicap 5k
	Distance 2	Rowlands Castle 10k		Distance 2	Farlington Avenue
	Extra			Extra	
2 13.01.18	Distance 1	14 miles - Thorney Island	9 03.03.18	Distance 1	18 miles - Cosham / Crookhorn
	Threshold	Warblington - 1 mile reps		Threshold	Bartons Road - Hills
	Distance 2	Emsworth 10k		Distance 2	Emsworth Tempo
	Extra			Extra	
3 20.01.18	Distance 1	15 miles - Rowlands Castle / Chalton	10 10.03.18	Distance 1	16 miles - Waterlooville / Purbrook
	Threshold	Warblington Path - 400m reps		Threshold	West Leigh Cycle Track - Fartlek
	Distance 2	Farlington Avenue		Distance 2	Rowlands Castle 10k
	Extra			Extra	
4 27.01.18	Distance 1	15 miles - Southbourne	11 17.03.18	Distance 1	18 miles - Farlington Marshes / Emsworth
	Threshold	Winter Handicap 5k		Threshold	Havant Park - 400/155m reps
	Distance 2	Emsworth Tempo		Distance 2	Crookhorn
	Extra			Extra	
5 03.02.18	Distance 1	16 miles - Purbrook Hills	12 24.03.18	Distance 1	20 miles - Hayling Island
	Threshold	Bartons Road - Hills		Threshold	Summer Short Handicap 5K
	Distance 2	Rowlands Castle 10k		Distance 2	Emsworth 10k
	Extra			Extra	
6 10.02.18	Distance 1	16 miles - Round Portsmouth	13 31.03.18	Distance 1	15 miles - Rowlands Castle / Chalton
	Threshold	Havant Park - Pyramids		Threshold	TBC
	Distance 2	Crookhorn		Distance 2	TBC
	Extra			Extra	
7 17.02.18	Distance 1	18 miles - Havant Thicket / Rowlands Castle	14 07.04.18	Distance 1	14 miles - Emsworth / Wetsbourne
	Threshold	Warblington - 800m reps		Threshold	TBC
	Distance 2	Emsworth 10k		Distance 2	TBC
	Extra			Extra	Brighton - 10 miles

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15 14.04.18	Distance 1	10 miles - Hayling Billy Line	16 21.04.18	Distance 1	22nd April London Marathon / Southampton Marathon
	Threshold	TBC		Threshold	
	Distance 2	TBC		Distance 2	
		15th April - Brighton Marathon		Extra	

1. The marathon training programme is designed to prepare you for the Brighton, London and Southampton marathons. 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. HRRL events, make for good pacing sessions.
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 on 07803 506970 or by e-mail at marathontraining@victoryac.org.uk

Paul Spooner