

**MARATHON TRAINING PROGRAM SPRING 2019**  
**(Tempo session Tues / Threshold session Thurs VAC Club Sessions)**

WEEK	RUN TYPE	COMMENT	WEEK	RUN TYPE	COMMENT
<b>1</b> 06.01.19	Long Run	12 miles - Hayling Billy Line	<b>8</b> 24. 02. 19	Long Run	18 miles - Round Hayling Island
	Tempo	Rowlands Castle 10k		Tempo	Farlington Avenue
	Threshold	Hill Reps - Barton's Road		Threshold	Winter Handicap
	Extra			Extra	
<b>2</b> 13.01.19	Long Run	14 miles - Cosham / Drayton	<b>9</b> 03. 03. 19	Long Run	18 miles - Havant Thicket / Rowlands Castle
	Tempo	Emsworth 10k		Tempo	Emsworth Tempo
	Threshold	1 mile reps - Warblington		Threshold	Hill Reps - Barton's Road
	Extra			Extra	
<b>3</b> 20.01.19	Long Run	14 miles - Chalton	<b>10</b> 10. 03. 19	Long Run	16 miles - Farlington Marshes / IBM
	Tempo	Farlington Avenue		Tempo	Rowlands Castle 10k
	Threshold	400m reps - Warblington Railway Path		Threshold	Fartlek - West Leigh Cycle Track
	Extra			Extra	
<b>4</b> 27.01.19	Long Run	15 miles - Round Portsmouth	<b>11</b> 17. 03. 19	Long Run	20 miles - Rowlands Castle / Westbourne
	Tempo	Emsworth Tempo		Tempo	Crookhorn
	Threshold	Winter Handicap		Threshold	400/155m reps - Havant Park
	Extra			Extra	
<b>5</b>	Long Run	15 miles - Southbourne	<b>12</b>	Distance 1	16 miles -

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03.02.19				24.		Westbourne / Chidham
	Tempo	Rowlands Castle 10k		03.		Chidham
	Threshold	Hill Reps - Barton's Road		19	Tempo	Emsworth 10k
	Extra				Threshold	Summer Short Handicap
6 10.02.19	Long Run	16 miles - Purbrook / Widley			Extra	
	Tempo	Crookhorn		13	Long Run	14 miles - Chalton
	Threshold	Pyramids - Havant Park		31.	Tempo	tbc
	Extra			03.	Threshold	tbc
7 17.02.19	Long Run	17 miles - Waterlooville / Denemad		19	Extra	
	Tempo	Emsworth 10k			Long Run	10 miles - Emsworth
	Threshold	800m Reps - Warblington		14	Threshold	tbc
	Extra			07.	Tempo	Easy 5k
				04.	Extra	
			18			

1. The marathon training programme is designed to prepare you for an early Spring marathon (Brighton / Manchester), and change extended for London / Southampton etc. 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**