



TRAINING PROGRAMMES FOR RUNNERS

In Association with Glen Gore from Team Tri-Lab Multisport Training Services

Background on the Coach:

Glen Gore has been a professional triathlete for the past 50 years, having competed at the highest level across the globe. A multiple South African and African Elite Triathlon champion, Glen has competed in triathlon and multisport events from sprint distance right up to Ironman distance events.

Not to be outdone in the running department, Glen has also run for professional teams in the past and has a 6:28 Comrades PB, a 3:32 Two Oceans PB and a 2:37 marathon PB to his credit. Glen has been coaching professionally for the past 15 years and has athletes spread across the globe.

With many miles of training under his belt, Glen has designed a series of programmes which start you off at zero and get you straight to hero!

The programmes have been designed with the knowledge that most athletes have other priorities like full-time jobs and families, and aim to fit in your training around the rest of your life. Training religiously is not always easy but it does deliver the right results. The programmes will work if you follow them almost to the tee.

A coach can only prescribe the programmes; it's the athletes who will need to exercise some discretion when it comes to outside factors such as illness or injury. This is where the athlete needs to listen to their body and possibly ease off a little to recover fully before getting back on to the programme.

The prescribed programmes start from the basics of doing your 1st 5km run/walk/shuffle and continue right up to advanced running where you are trying to improve on your marathon personal best.

If you are consistent with your training and put in the effort required, you will achieve great results. A happy and fit body creates a happy person and this carries over into your general wellbeing. Life will flow better when the body is fit, so start off slow and you could end up finishing nice and fast.

Good luck!

Programme Dynamics:

The programmes have been designed in sequence, which means that as a beginner, intermediate and advanced runner respectively; you can follow the programmes anywhere from the 1st week right up to the 16th week and beyond. You will gradually build up from 5km to a 42km marathon. Try and keep to the programme schedule as best as you can. If you do happen to skip or miss a day's training for whatever reason, don't try and catch it up. This will throw the training plan for that specific week off course and that is what we don't want. Consistent training over a period of 4 weeks or more will result in you achieving your goal.

Beginner 5km Run/Walk Programme:

Tips and Hints:

You can run/walk on grass for some of the sessions. A school field or park would be more than sufficient. Walkways and the road are also suitable. The most important part when starting out a training program is to gradually build up into it and not get too carried away. The program allows for a walk-jog mentality to help you stay motivated.

Week 1 (am or pm training/whatever best suits your daily schedule):

- Monday Jog 100m/walk 200m on grass until you have done 1.5km
- Tuesday Rest day
- Wednesday Jog 200m then walk 200m until you have completed 1.5km
- Thursday Rest day
- Friday Jog/Walk 2km on the road. Nice and slow.
- Saturday Rest day
- Sunday Rest day

Total mileage for Week 1 is 5km consisting both of jogging and walking.

Week 2 (am or pm):

- Monday Jog/Walk for 2km on the road/grass or walkways
- Tuesday Rest day
- Wednesday Jog more than you walk for a distance of 2km
- Thursday Rest day
- Friday We stick to a soft surface like grass for 2.5km in total
- Saturday Rest day
- Sunday Rest day

Total mileage for Week 2 is 6.5km (combination of jogging and walking).

Week 3 (am or pm):

- Monday Rest day
- Tuesday Run/Walk 2.5km
- Wednesday Rest day
- Thursday Run/Walk a little faster this time for 2.5km
- Friday Rest day
- Saturday We attempt a continuous slow 3km jog
- Sunday Rest day

Total mileage for Week 3 is 8km (combination of jogging and walking). We try and run a little bit further each session and walk a little less. If you need to stop and catch your breath, do so. As you get fitter, reduce the rest periods and slowly increase the pace at which you run and walk.

Week 4 (am or pm):

- Monday Run/Walk on the road for a distance of 3km slowly
- Tuesday Rest day
- Wednesday Continuous 2km run on the road a little faster than Monday
- Thursday Rest day
- Friday Rest day
- Saturday Warm-up 1km slow run in the morning before race day
- Sunday 1st 5km run/walk. Start slow and you will finish easily

Total mileage for Week 4 is 10km. We have built up over a series of 4 weeks culminating in your first 5km race. Starting slow will allow you to gather enough steam to finish off fast. A run/walk/shuffle will more than suffice, as the goal is merely to finish the 5km and get that first race under your belt. Good luck!

Intermediate 5km Run Program:

Tips and Hints:

- You will be past the beginner stage and will have a few 5km races under your belt before you start this program
- Try and join the local running club for their weekly club time trial which takes place on a Tuesday night.
- Measure out a 4km time trial route that you will use over the course of your training program. It can be an out and back course or a loop course. You can use this route to track progress over the coming weeks.
- You can use an athletic track if you have access to one for our track/speed work or just make use of a sports field or a measured out 1km section on the road

Week 1 (am or pm training/whatever best suits your daily schedule):

- Monday Rest day
- Tuesday 4km run fast/2km easy on the measured 4km course or club time trial route
- Wednesday Rest day
- Thursday Run 6km easy/slow past
- Friday Rest day
- Saturday Rest day
- Sunday 5km run easy on the road/walk-ways or grass parks

The total weekly mileage for Week 1 is 17km. Record your time for the 4km time trial done on the Tuesday and keep that for future reference to track your progress

Week 2 (am or pm):

- Monday Rest day
- Tuesday run 1km easy/run 4km time trial route hard/1km easy cool down
- Wednesday Rest day
- Thursday Run 8km easy/recovery run
- Friday Run 6km easy with some short faster efforts
- Saturday Rest day
- Sunday Run 8km at a moderate pace (can stop at halfway and stretch)

The total weekly mileage for Week 2 is 28km. The time trial will be done for the second time. Depending on how you feel, compare this time to that of week 1. Run the same time trial route every time to keep it consistent and make it easier to track your progress

Week 3 (am or pm):

- Monday Rest day
- Tuesday We run an 8km time trial at medium pace (2 loops of the 4km route)
- Wednesday Rest day
- Thursday Track work. Run 5 x 1km intervals rest period between is 60 secs/med pace
- Friday Run 8km easy recover
- Saturday Rest day
- Sunday Run 10km start easy/finish moderate pace

The total weekly mileage for Week 3 is 31km. We have built in a track session to improve fitness levels and force you to run a little faster over a measured 1km distance.

Week 4 (am or pm):

- Monday Rest day
- Tuesday Track. 1km easy/10 x 400m moderate pace rest 20 secs/1km easy
- Wednesday Rest day
- Thursday 10km easy to moderate run
- Friday Rest day
- Saturday 5km easy warm-up run in the morning with stretching
- Sunday 5km road race (make sure you warm-up properly before the start)

The total weekly mileage for Week 4 is 26km. It is important that you stretch and warm up well before a hard 5km race. Do some short 100m semi-sprints and a 1km before the start of the race. You need to elevate the heart rate before the gun goes off.

Advanced 5km Run Programme:

Tips and Hints:

- This is not an elite training programme but more for an advanced runner that has come up through the ranks of novice and then intermediate.
- Long training mileage is not really needed for a fast 5km, but what is needed is more speed and power. You can specialise in more specific track work and road intervals when preparing for a 5km race. The idea is that the fitter you get, the less you rest between interval.

Week 1 (am or pm):

- Monday 10km recovery run, keep heart rate at around 60% of maximum
- Tuesday 1km warm-up/8km time trial over set route/ 1km cool down with stretch
- Wednesday Rest day
- Thursday 2km easy/track 4 x 1km intervals hard rest 60 secs/2km cool down/stretch
- Friday 10km recovery run/slow pace
- Saturday Rest day
- Sunday 15km run at moderate pace

Total weekly mileage is 51km. Use the club time trial as a weekly base to track fitness. This is usually done hard and fast depending on how you feel. The track work can also be specific to trying to run at the desired race pace over each of the 1km intervals. If possible, if you do a hard session in the afternoon, try and plan so that the next morning, you sleep in and only do the recovery session again later on in the day. Sometimes this is not possible, but we can try.

Week 2

- Monday Rest day
- Tuesday 1km warm-up/8km time trial over set route/ 1km cool down with stretch
- Wednesday 15km easy run/recovery/keep heart rate low
- Thursday Rest day
- Friday 20km recovery run/slow pace
- Saturday Rest day
- Sunday 10km run moderate to start/harder to finish

The total weekly mileage for Week 2 is 55km. The time trial finish time on the Tuesday will be used to compare to the finish time of Week 1. Longer runs have been included but we still have 3 rest days from running. You can add some gym work to your weekly training on the days when you do not run. Cross training is also another effective measure you can use to improve your running times. Swimming and/or cycling will certainly keep your aerobic system working hard but at the same time, allow for your legs to recover from hard sessions. A good balance when training is what is needed to avoid injuries. Take caution with programmes like these - don't go too fast or too far to start with. You should easily be able to maintain this training schedule if you have built up nicely over the last 10 weeks with some consistent training.

Week 3

- Monday Rest day
- Tuesday 2km warm-up easy/5 x 500m hill repeats hard up, easy down/1k cool down
- Wednesday 12km recovery run
- Thursday 10km tempo run/moderate pace
- Friday Rest day
- Saturday 15km easy/slow run
- Sunday 10km tempo run/moderate pace

The weekly mileage now sits at 55km. The hill session should be done on a hill that is not too steep but steep enough to give you a solid feel for running up a hill. Hard up the hill, rest only for a few seconds and then run back down the hill slowly to recover. Once at the bottom, start the hard uphill run immediately. A tempo run pace is more or less based on this principle. Take the average pace per km you do your club time trials or races in and then add about 20 to 25 seconds per km to get your "tempo" or moderate pace. It's not fast but not slow either.

Week 4

- Monday Rest day
- Tuesday 2km warm-up easy/8km time trial at tempo pace/2km cool down
- Wednesday 12km recovery run/easy run with stretch after
- Thursday Track/2km warm-up/2 x 1km tempo intervals rest 20 secs/1km cool down
- Friday Rest day
- Saturday Rest day
- Sunday 5km road race max effort

The weekly mileage has decreased to 34km this week as we strive for peak fitness for the race. It's important that as an advanced runner, you warm-up adequately before the start of the 5km race.

Beginner 10km Run Programme:

Hint and Tips:

If you have followed the beginner 5km programme for the last 4 weeks and the fitness levels have increased with regular training, you will be ready to step it up a bit over the next 4 weeks and go from 5km racing to 10km racing no problem. As mentioned before, be extra cautious about niggles. At this level, you will need to wear a decent pair of running shoes to assist with your run/walk training.

Week 1:

- Monday Rest day
- Tuesday 4km easy run
- Wednesday Rest day
- Thursday 4km easy run/walk on grass or other soft surface
- Friday Rest day
- Saturday 6km easy run. You can walk part of the route as you increase the mileage
- Sunday Rest day

The weekly mileage for this week is 14km. We keep running restricted to 3 days per week and allow for adequate rest periods.

Week 2:

- Monday 5km easy run/jog with some walking if need be
- Tuesday 2km warm-up easy/10 x 100m hard up hill/easy down the hill
- Wednesday Rest day
- Thursday 6km easy run/walk/jog session
- Friday Rest day
- Saturday 8km easy slow run/with a stop at half way and some walks
- Sunday Rest day

Weekly mileage for week is 23km. The hill work can be done on a semi steep piece of road. Only 100m at a time is hard uphill work, the rest is easy down the hill before you repeat the intervals until you have climbed the hill 10 times in total. Use the downhill to recover as much as possible.

Week 3:

- Monday 4km easy recovery run
- Tuesday 4km club time trial or own route
- Wednesday Rest day
- Thursday 6km easy recovery run
- Friday Rest day
- Saturday Rest day
- Sunday 8km easy run/stop and walk at halfway. Keep pace slow

The total weekly mileage is 22km.

Week 4:

- Monday Rest day
- Tuesday 5km easy run/recover/stretch well
- Wednesday Grass/Track/2km easy/10 x 200m semi sprints rest 30 secs
- Thursday Track/2km warm-up/2 x 1km tempo intervals rest 20 secs/1km cool down
- Friday Rest day
- Saturday Rest day
- Sunday 10km road race

The weekly mileage is 23km, including your first 10km race. Good luck!

Intermediate 10km Run Programme

Week 1:

- Monday Rest day
- Tuesday 8km time trial at tempo pace
- Wednesday 8km easy recovery session
- Thursday Rest day
- Friday 10km at tempo pace
- Saturday 5km easy in the afternoon
- Sunday 10km moderate/tempo pace

The weekly mileage is 41km. We build slowly. This intermediate programme is a step up from the beginner programme.

Week 2:

- Monday Rest day
- Tuesday 10km easy recover run
- Wednesday 1km easy/10 x 400m hard up hill/easy down/1km easy
- Thursday Rest day
- Friday 8km tempo run
- Saturday Rest day
- Sunday 15km easy run/keep heart rate down

Weekly mileage is 43km. The hill session is important. The hill section will only be 400m long and should not be too steep. Make sure you do a lot of stretching during the week and warm up well before some of the more intense sessions. You should also try to fit in one gym session per week working on the lower body and core muscles, as this will assist you hugely during this training program.

Week 3:

- Monday Rest day
- Tuesday 1km easy/4km time trial hard fast pace/1km easy
- Wednesday 10km recovery run
- Thursday Track session/1km easy/10 x 400m hard rest 30 secs/3 x 1k intervals rest 20
- Friday Rest day
- Saturday Rest day
- Sunday 15km easy to tempo run/start slower finish faster

Weekly mileage is 39km. We decrease the intensity a little as we head to the last week of the four-week training period.

Week 4:

- Monday Rest day
- Tuesday 8km easy run
- Wednesday Track session/1km easy/4 x 1km hard rest 60 secs between
- Thursday Rest day
- Friday Rest day
- Saturday 8km easy slow run
- Sunday 10km road race/sufficient warm-up before the gun goes

The weekly mileage is 31km for the last of the four weeks, and you have now completed your first ever 10km race!

Advanced 10km Run Programme

Hints and Tips:

As mentioned previously, this is not an elite program but more for a runner that has started from scratch and is now developing the inkling to run faster over a 10km distance.

Week 1:

- Monday 10km easy
- Tuesday 2km easy warm-up/8km club time trial hard
- Wednesday 10km easy
- Thursday Rest day
- Friday 10km easy recovery run
- Saturday Rest day
- Sunday 15km tempo run on flat ground if possible

Weekly mileage of 55km

Week 2:

- Monday Rest day
- Tuesday Track/2km easy/6 x 1km intervals hard rest 60 secs
- Wednesday 12km easy recovery run/heart rate low
- Thursday 2km warm-up/4 x 1km hill interval tempo up/easy down
- Friday Rest day
- Saturday 10km easy slow run
- Sunday 15km easy run as per Saturday

The weekly mileage stays at 55km. The hill session is important. The hill should be quite long but not steep at all. Try and find a gradual incline that goes for about 1km. Keep the pace steady and do not try sprint it. This will give you supreme strength if done enough times over a long period.

Week 3:

- Monday Rest day
- Tuesday 2km easy/8km club time trial/2km recover run
- Wednesday 12km recovery run
- Thursday 2km warm-up/8 x 1km at tempo pace, rest only 20 secs
- Friday 12km recovery run
- Saturday Rest day
- Sunday 18km long run/slow pace

We've increased the mileage slightly this week to 64km, but kept the basic programme much the same.

Week 4:

- Monday Rest day
- Tuesday 8km club time trial at tempo pace only/not fast
- Wednesday 15km easy run/recover
- Thursday Rest day
- Friday Rest day
- Saturday 8km easy slow run
- Sunday 10km road race/sufficient warm-up before the gun goes

Race week will have a total mileage of 41km. You should have good strength after 8 weeks of solid training and are ready to have a good crack at the 10km race.

Beginner 21km Run Programme

We have done the 5km and now the 10km. Next step up is the 21km. If you have been consistent and relatively injury and illness free, you will find the jump from 10km to 21km very easy.

Week 1:

- Monday Rest day
- Tuesday 2km easy warm-up then 4km club time trial
- Wednesday 5km easy run/recover
- Thursday Rest day
- Friday 10km easy recover
- Saturday Rest day
- Sunday 8km easy run with tempo towards the end

Mileage for week 1 of the 21km-training program stands at 29km.

Week 2:

- Monday Rest day
- Tuesday 8km club time trial at tempo pace only/not fast
- Wednesday 10km easy run/recover
- Thursday Rest day
- Friday 1km easy/5 x 500m hard run uphill/easy down
- Saturday Rest day
- Sunday 10km moderate run on the weekend

Weekly mileage is 33km. The hill session is done on a hard but not too steep hill, the pace on your way up is moderate/tempo pace.

Week 3:

- Monday Rest day
- Tuesday 1km easy/4 x 1km track intervals hard rest 60 secs/1km cool down
- Wednesday Rest day
- Thursday 2km easy/2 x 1km hill interval tempo up/easy down
- Friday Rest day
- Saturday 10km easy run
- Sunday 8km time trial hard/warm-up easy with stretch before you run hard

Weekly mileage is 30km, down a little from last week, but with more interval training.

Week 4:

- Monday Rest day
- Tuesday Rest day
- Wednesday 8km easy run/recover
- Thursday Rest day
- Friday 2km easy/2 x 1km intervals tempo pace rest 45 secs
- Saturday rest day
- Sunday 21km road race

Weekly mileage is 33km. Start the half marathon at a slower pace and try pick-up or maintain the pace you ran from the start. It's important to finish stronger in the longer distance races. If you go too fast too early, you will struggle the last 5km.

You are well on your way to becoming a seasoned runner already, but this 4-week program will give you a good time over the 21km race distance.

Week 1:

- Monday Rest day
- Tuesday 2km easy/8km time trial hard
- Wednesday 8km easy run/recover
- Thursday 2km easy/6 x 500m hard up hill/easy down intervals
- Friday 8km recovery run
- Saturday Rest day
- Sunday 10km easy run

Weekly mileage is 44km.

Week 2:

- Monday Rest day
- Tuesday 1km easy/4km club time trial hard/3km easy recover
- Wednesday 12km easy run/recover
- Thursday Rest day
- Friday 2km easy/3x 1km mod up hill/easy down
- Saturday 8km easy recover
- Sunday 15km tempo run

Weekly mileage is 49km.

Week 3:

- Monday Rest day
- Tuesday 8km club time trial
- Wednesday 8km easy run/recover
- Thursday 10km tempo run
- Friday Rest day
- Saturday Rest day
- Sunday 25km easy run/can stop at halfway and stretch

Weekly mileage comes is 51km.

Week 4:

- Monday Rest day
- Tuesday Rest day
- Wednesday 10km easy run/recover
- Thursday 2km easy/3 x 1km intervals hard, rest 90 secs
- Friday Rest day
- Saturday 6km easy
- Sunday 21km road race

Short of injury or illness, you will have a great race. Mileage for Week 4 came in at 47km

Advanced 21km Run Programme:

21km is last of the 3 race distances that rely heavily on speed. With 8 weeks of training in the bag for this distance, you're ready to start upping the pace. Here's the guide to running a fast 21km race.

Week 1:

- Monday Rest day
- Tuesday 2km easy/8km club time trial/2km easy
- Wednesday 12km easy run/recover
- Thursday 2km easy/6 x 1km track intervals rest 30 secs tempo pace
- Friday 15km easy
- Saturday Rest day
- Sunday 15km easy run

Weekly mileage is 62km.

Week 2:

- Monday Rest day
- Tuesday 2km easy/8km club time trial tempo pace/2km
- Wednesday 14km easy run
- Thursday 2km easy/6 x 500m hard uphill/easy down recover
- Friday Rest day
- Saturday 20km moderate run
- Sunday 10km easy run

Weekly mileage is 62km.

Week 3:

- Monday Rest day
- Tuesday 4km warm-up then 8km club time trial hard
- Wednesday 16km easy run/recover
- Thursday Rest day
- Friday 15km tempo run
- Saturday Rest day
- Sunday 25km easy/slow run

Your weekly mileage peaks during Week 3 and is 68km.

Week 4:

- Monday Rest day
- Tuesday 2km warm-up easy/4km club time trial hard
- Wednesday Rest day
- Thursday 12km easy run
- Friday Rest day
- Saturday 5km easy warm-up run
- Sunday 21km road race – go hard!!

You have done some really good training and race day will finally deliver the result you have been working towards – a fast 21km race.

Beginner 42km Run Programme:

We are now heading for the big time. Once you have completed 42km, the sky is the limit. You should have at least 6 to 8 months of training (if not more) before you attempt the marathon. The important part is to follow the programmes accordingly.

Week 1:

- Monday Rest day
- Tuesday 2km warm-up easy/8km club time trial tempo/2km easy recover
- Wednesday Rest day
- Thursday 10km easy run
- Friday 1km easy/4 x 500m hard uphill/easy down
- Saturday Rest day
- Sunday 15km run easy

Weekly mileage is 42km

Week 2:

- Monday Rest day
- Tuesday 2km warm-up/6 x 1km intervals tempo rest 60 secs between
- Wednesday 5km easy
- Thursday Rest day
- Friday 12km tempo run
- Saturday rest day
- Sunday 22km easy run/stop half way, eat/drink and stretch well

Weekly mileage is 47km.

Week 3:

- Monday Rest day
- Tuesday 8km time trial hard
- Wednesday Rest day
- Thursday 15km easy run – slow
- Friday 1km easy/2 x 1km uphill tempo/down easy
- Saturday Rest day
- Sunday 28km easy slow run

Weekly mileage is 56km.

Week 4:

- Monday Rest day
- Tuesday Rest day
- Wednesday 8km easy run
- Thursday Rest day
- Friday 4km easy run slow pace
- Saturday Rest day
- Sunday 42km road race

Weekly mileage is 54km.

Intermediate 42km Run Programme:

You now have a solid 12 weeks of training in the legs as we head towards the big 42km. You should have some good speed; we just need to add in some mileage to fully prepare you, as it's double the distance of the last event you prepared for.

Week 1:

- Monday Rest day
- Tuesday 2km easy/8km club time trial/2km easy
- Wednesday 10km easy run
- Thursday Rest day
- Friday 10km tempo run
- Saturday Rest day
- Sunday 18km easy run/slow pace/keep heart rate down

Weekly mileage is 50km.

Week 2:

- Monday Rest day
- Tuesday 8km club time trial at tempo pace
- Wednesday 12km easy run
- Thursday 1km easy/2 x 1km hills hard up/easy down
- Friday Rest day
- Saturday 8km easy
- Sunday 20km moderate bike ride

Weekly mileage is 53km.

Week 3:

- Monday Rest day
- Tuesday 2km easy/8km time trial at tempo pace/2km easy
- Wednesday 10km easy run
- Thursday 2km warm-up/8 x 1km intervals tempo pace rest 45 secs
- Friday Rest day
- Saturday Rest day
- Sunday 32km easy training run

Weekly mileage is 64km.

Week 4:

- Monday Rest day
- Tuesday 2km easy run/4km time trial hard
- Wednesday Rest day
- Thursday 10km easy run
- Friday 4km tempo run pace
- Saturday Rest day
- Sunday 42km road race

Weekly mileage is 62km.

Advanced 42km Run Programme:

Week 1

- Monday Rest day
- Tuesday 2km easy run/8km time trial hard/2km easy recover
- Wednesday 15km easy run recover/heart rate down
- Thursday 2km easy/2 x 1km hill hard up/easy down/2km cool down
- Friday Rest day
- Saturday 10km tempo run
- Sunday 20km easy recovery run

Weekly mileage is 65km.

Week 2:

- Monday Rest day
- Tuesday 2km easy/8 x 1km track intervals hard rest 60 secs
- Wednesday 10km easy recover
- Thursday 12km tempo run/pace moderate
- Friday Rest day
- Saturday 10km recovery run
- Sunday 25km moderate/tempo run – finish faster

Weekly mileage is 67km.

Week 3:

- Monday Rest day
- Tuesday 2km easy/8km time trial tempo pace/2km cool down
- Wednesday 16km easy recovery run
- Thursday 2km easy/6 x 500 m hill interval hard up/easy down
- Friday Rest day
- Saturday 5km easy recovery run
- Sunday 35km training run/slow pace

Weekly mileage hits a peak at 76km as we head towards the marathon at the end of Week 4.

Week 4:

- Monday Rest day
- Tuesday Rest day
- Wednesday 8km tempo run/keep it flat
- Thursday 8km easy run
- Friday Rest day
- Saturday 5km easy warm-up with a few short sharp semi sprints
- Sunday 42km road race

Race week mileage is 63km.

EXTENDED 42KM MARATHON TRAINING PROGRAMME FOR THE INTERMEDIATE AND ADVANCED RUNNER

Ideally, a marathon-specific programme would run over the course of between 16 and 20 weeks minimum. If you have followed the programmes this far in sequence, you will have built up nicely over the 5km, 10km and 21km distances culminating in that final 4 weeks of marathon prep.

We are extending the marathon programme by a further 4 weeks for both intermediate and advanced to ensure that you are offered an excellent 8-week marathon-specific programme.

You have two options:

1. Complete Weeks 1 through 4 and run your first marathon. After this, you follow Weeks 5 to 8 and compete at your second marathon hoping to better the time.
2. Use Week 4's final race day as a "training day" instead and then push on to Weeks 5 to 8 with your official marathon run coming at the end of 8 weeks and not 4. The program is flexible either way and will work if you follow the sequence, are consistent and don't end up with injuries.

Unexpected injuries are our worst nightmare. As a coach, I cannot foresee the danger signs. You will have to use your own discretion and listen to the alarm bells if they ring. Generally though, with some cross training (swimming and biking if possible) and some gym work, you will be A-okay for that PB marathon time.

Intermediate Extended Marathon Training Program:

Week 5:

- Monday Rest day
- Tuesday 8km easy recovery run
- Wednesday 10km easy recovery run
- Thursday Rest day
- Friday 10km tempo run/keep it flat
- Saturday Rest day
- Sunday 18km easy recovery run

Weekly mileage is back to 43km. A word of caution, this week is used entirely to recover from week 4's long marathon race or training run. Take it easy

Week 6:

- Monday Rest day
- Tuesday 2km easy/8km time trial at club/2km easy recover
- Wednesday 10km easy run/keep it flat
- Thursday 2km easy/3 x 1km hill hard up/moderate down/2km cool down
- Friday 8km easy
- Saturday Rest day
- Sunday 23km training run/do some undulating hill climbs during this set

Weekly mileage is 63km.

Week 7:

- Monday Rest day
- Tuesday 2km easy/4 x 1km intervals tempo pace rest 45 secs/2km easy
- Wednesday 12km easy run recovery
- Thursday 8km tempo run – hilly course if possible
- Friday Rest day
- Saturday 35km long slow run
- Sunday Rest day

Weekly mileage peaks at 63km.

Week 8:

- Monday Rest day
- Tuesday 8km club time trial at moderate/tempo pace
- Wednesday 8km easy slow recover
- Thursday Rest day
- Friday Rest day
- Saturday 8km easy with a few short 100m semi sprints (5 of them) to loosen up
- Sunday 42km race after 8 week period

Weekly mileage is 66km.

Advanced Extended Marathon Training Programme

The idea of these last four weeks is to significantly increase your running speed. 42km is a long way but if the conditioning is good, the race will go by without any problems.

Week 5:

- Monday Rest day
- Tuesday 12km easy run recover
- Wednesday 12km tempo run
- Thursday 2km easy/8 x 1km intervals on road tempo pace rest 45 secs
- Friday Rest day
- Saturday 12km easy run
- Sunday 18km easy run pace

Weekly mileage is 64km.

Week 6:

- Monday Rest day
- Tuesday 8km club time trial at tempo pace
- Wednesday 10km easy slow recover
- Thursday 2km easy/4 x 1km hills hard/tempo up/easy recover down
- Friday 20km slow easy run
- Saturday Rest day
- Sunday 28km slow easy run

Weekly mileage is 76km.

Week 7:

- Monday Rest day
- Tuesday 1km easy/10 x 1km intervals at tempo pace rest 45 secs/1km easy
- Wednesday 8km easy slow recover
- Thursday Rest day
- Friday 25km moderate run
- Saturday rest
- Sunday 35km easy slow run

Weekly mileage is 80km.

Week 8:

- Monday Rest day
- Tuesday 2km warm-up/4km time trial at tempo pace/2km cool down
- Wednesday 10km easy slow recover
- Thursday Rest day
- Friday Rest day
- Saturday 5km easy to stretch the legs
- Sunday 42km race after 8 week period

Weekly mileage is 65km.

We have a total of 14 training programs set up and geared at various distances from 5km right up to 42km. We also cater for various levels of ability. This ensures that no matter how fast or slow you are, there is a program that you can use to reach your goals.

Please email me at info@glengore.com if you have any issues.

Good luck!