



***Leicestershire
Vision 2020
Athletics Network***

Training for your Marathon

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Planning your training

Warming up

Injury prevention

Support available

Training for your Marathon

The journey to the start line –
Plan for it

Where are you going to start where am I now?

What milestones will there be on the way?

What is your goal/finishing time?

Where to afterwards?

TO FAIL TO PLAN IS TO PLAN TO FAIL

Training for your marathon

10k	10m	1/2mara	=
<38min	< 1hr 02	1hr 25	<3 hrs
38-43 min	1hr 02 – 1hr 12	1hr25 – 1hr39	<3.30
44-50 min	1hr 13 -1hr 22	1hr40 -1hr 54	<4hrs
51-59 min	1hr 23 - 1hr 37	1hr55 -2hr 10	<4.30
60min +	1hr 38 +	2hr 11+	5hrs – 5hrs+

What is my target time?

Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	8	5*	6	7	6	Rest	5-7
2	10	5*	5	6	3/4	Rest	6
3	12	5*	6	5	5	Rest	6-8
4	10	5*	5 (s)	5	4/5	Rest	4-5
5	13	5*	6 (s)	6 (T)	4/5	Rest /3	4-5
6	13	5*	6 (T)	5	7	Rest /3	3/4
7	18	5*	6 (s)	4	6 (T)	Rest/3-4	4/5
8	16/18	5*	5	6	6 (T)	Rest/3-4	4/5
9	11/13	5*	6	6	6 (s)	Rest/3-4	3/4
10	18	5*	5	8	6	Rest	3/4
11	Race 13	5*	6	6	6 (T)	Rest 4/5	5/6

Building Up - 3-15/3.30



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Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	60mJW	20m	Rest	25m	Rest	25m	Rest
2	75mJW	20m	Rest	25m	Rest	25m	Rest
3	90mJW	25m	Rest	25/30m	Rest	30m	Rest
4	90mJW	25m	Rest	25/30m	Rest	30m(S)	Rest
5	60mJ	30m	Rest	30m	Rest	30m	20m
6	90mJW	30m	Rest	30/40m	Rest	30m(S)	20m
7	8miles	30m	Rest	30/40m	Rest	30m	25m
8	120mJW	30m	Rest	45m	Rest	35m(S)	25
9	8miles	30m	Rest	45m	Rest	30/40m	30m
10	10miles	30m	Rest	50m	Rest	20m (S)	30m
11	Race 13	Rest	Rest	30m	Rest	30/40	35m

Building up - Beginner



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Running at the same time as the race

Taking on fluids

Taking on gels

DON'T use gels on all of your training
runs!

Wearing the same type of kit if possible

LONG RUNS - Practice

Speed is of the essence regardless of your target time.

Sub 3.30 – example

Week 2 - 1M jog, then 3 x 1.5M (or 11 mins) fast, with 800m (5-min) jog recoveries, then 1M jog

Week 9 - 1M jog, then 16 x 200m (or 45 secs) fast, with 100m (or 1-min) jog recoveries, then 1M jog

Week 14 - 1M jog, then 8 x 800m (or 3-4 mins) fast, with 100m (or 1-min) jog recoveries, then 1M jog

The Need for Speed

LRRL Local races 5m – 10k

Half Marathon

20 miles - Ashby 20

Good indicators of where you are at and what you might need to work on!

Interim Goals - Races



Your body will need extra fuel!

More carbohydrates

Protein to rebuild

Replace fluids

Fuelling the body



INJURY PREVENTION



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Injury prevention



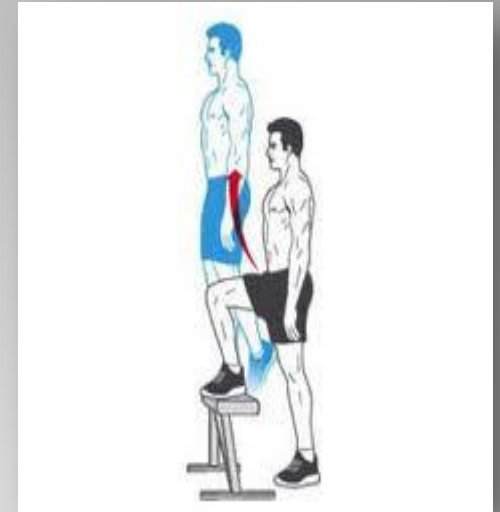
SQUAT EXERCISES

Injury prevention- Be Stronger



LUNGES

Injury prevention- Be Stronger



Injury prevention- Be Stronger



Injury prevention - Shoes



Warming up

Dynamic

Replicating what you are going to do

Jog, skip, side steps, arms/neck, leg swings, lunges,
high steps.

Heart rate up and ready for running!

Warming Up



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Stretch down – afterwards!!!



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PREhab is better than Rehab

HOWEVER.....

Injuries do and will happen

RICE

Rest

Ice

Compression

Elevation

INJURIES DO HAPPEN

What's the reason?

Revise your plan

Alternate training – swimming/cycling etc

DONT try and catch up for lost time

Slowly build back up

INJURIES DO HAPPEN
Getting Back to training





DONT DO IT ALONE



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Find a buddy

RUNNING CLUBS

Friendly

Sociable

Supportive

23 clubs in Leicestershire.



DONT DO IT ALONE

How do I taper down?

Have I got all my kit?

How will I get there?

What do I eat the day before?

Do I eat in the morning?

What if I don't feel well?

RACE DAY



ALL WILL BE REVEALED!

Remember , its a journey – make a plan

To fail to plan is to plan to fail

Get Support – train with others

Don't waste the training – plan for after the marathon.

**ANY
QUESTIONS?**



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www.leics-vision2020.co.uk