

Program of the 5<sup>th</sup> edition of Saint Valentine's marathon – 15<sup>th</sup> February 2015

This training plan, which is not personalized, is aimed to non-beginner runners who have been training for at least one year. Anyone who wants to follow this chart, have to enjoy good physical condition, in addition of having a certificate of fitness to run.

Week n°	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	70 min SL + 10 S + ME	Rest day	30 min SL + 3 x 3000m R 400m	Rest day	70 min SL + 10 S + STR	Rest day	18 km SL + 2 km M + 10 min CD
2	80 min SL + 10 S + ME	Rest day	20 min SL + 1 x 1000m + 3 x 2000m R 1000m	Rest day	20 min + 10 km SL 3 km M	Rest day	18 km SL + 4 km M
3	80 min SL + 10 S + ME	Rest day	20 min SL + 20 min M + 20 min MP	Rest day	60 min SL + 30 min (SL -10'') + 20 min (SL -20'')	Rest day	30 min SL + 18 km MP + CD
4	60 min SL + 10 S + ME	Rest day	20 min SL + 3-4 S + 3 x 4000m R 500m + CD	Rest day	60 min SL + 30 min (SL -10'') + 30 min (SL -20'')	Rest day	30 min SL + 20 km MP + CD
5	60 min SL + 10 S + ME	Rest day	20 min SL + 3-4 S + 3 x 5000m R 500m + CD	Rest day	20 min SL + 3-4 S + 10 x 1000m R 500m + CD	Rest day	Race 21 km (Invernalissima) or 24 km SL + 5 km (SL -5'')
6	80 min SL + 10 S + ME	Rest day	4 km SL + 1 km (SL -15'') + 1 km (SL -25'')	Rest day	3 km SL + 1 km (SL -15'')	Rest day	21 km SL
7	80 min SL + 10 S + ME	Rest day	30 min SL + 3-4 S + 3 x 5000m (MP -10'') R 30'' + CD	Rest day	10 km SL + 3-4 S + 1 km (MP -20'') + 1 km (MP -25'') + CD	Rest day	30 km DR + 5 km SL + 10 S

8	80 min SL + 10 S + ME	Rest day	30 min SL + 3-4 S + 5 x 3000m (MP -20'') R 30'' + CD	Rest day	10 km SL + 3-4 S + 1 km (MP -20'') + 1 km (MP -30'') + CD	Rest day	25 km SL + 10 S
9	60 min SL + 10 S + ME	Rest day	4 km SL + 2 km (MP -20'')	Rest day	4 km SL + 2 km (MP -25'')	Rest day	18 km M + 3 km (M -10'')
10	18 km M + 1 km (M -15'')	Rest day	4 x 5000m (MP -10'') R 30'' + CD	Rest day	4 km SL + 2km (SL -15'') + 2 km (SL -20'')	Rest day	30 km DR + 5 km SL
11	10 km SL + 2 km (SL -10'') + ME	Rest day	30 min SL + 4 km (SL -10'') + 2 km (SL -20'')	Rest day	4 km SL + 1 km (SL -20'') + 3-4 S	Rest day	25 km M
12	10 km SL + 1 km (SL -15'') 9 + ME	Rest day	1 x 1000m SL + 2 x 4000m (MP -15'') R 30'' + 1 x 1000m SL + 1 x 2000m (MP -20'')	Rest day	4 km SL + 2 km (SL -20'') + 2 km SL + 2 km (SL -20'')	Rest day	18 km M + 3 km (M -15/10'')
13	8 km SL + 2 km (SL -15'') + ME	Rest day	1000m SL + 4000m (MP -20'') + 1000m SL + 3000m (MP -25'')	Rest day	7 km SL + 2 km (SL -20'') + 2 km SL + 1 km (SL -25'')	Rest day	2 km SL + 12 km (SL -10'')
14	6 km SL + 1 km (SL -20'') + ME	Rest day	4 km SL + 3 km (SL -20'')	Rest day	5 km SL	Rest day	Marathon

#### Training pace

Target speed	TS	Average speed in the race = 12 km
Marathon pace	MP	8 – 20'' per km slower than TS
Distance running	DR	40 – 60'' slower than TS
Slow	SL	30'' slower than TS

Medium	M	10 – 15'' slower than TS
Sprints	S	Progressive of 80 – 100 m with final speed of 1 -2'' faster than
Recovery	R	30 – 50'' slower than TS
Cool – down	CD	jogging
3000 m	---	1 – 2'' per km faster than TS
2000 m	---	2 – 3'' per km faster than TS
1000 m	---	5 – 6'' per km faster than TS
Stretching	STR	10 – 15 min of stretching exercises at the end of every training session

#### The rhythm of intervals (short period of intense activity) depending on your TS

TS	3:30 per km	3:45 per km	4 per km	4:15 per km	4:30 per km	4:45 per km	5 per km
100 m	17''	18''	19''	20''	22''	23''	24''
200 m	36''	39''	42''	44''	47''	50''	52''
300 m	56''	1' 00''	1' 04''	1' 08''	1' 12''	1' 17''	1' 21''
400 m	1' 17''	1' 22''	1' 28''	1' 33''	1' 39''	1' 45''	1' 50''
500 m	1' 37''	1' 44''	1' 51''	1' 58''	2' 05''	2' 12''	2' 19''
TS	5:15 per km	5:30 per km	5:45 per km	6 per km			
100 m	25''	27''	28''	29''			
200 m	55''	58''	1' 00''	1' 03''			
300 m	1' 24''	1' 29''	1' 33''	1' 37''			
400 m	1' 55''	2' 00''	2' 06''	2' 12''			
500 m	2' 25''	2' 33''	2' 40''	2' 47''			

#### MUSCLE ELASTICITY ME

Butt kicks on the spot	1	2 x 15'' – R 30''
Run on the spot with high knees	2	2 x 15'' – R 30''
Run with short stride > wide stride	3	2 x 15'' – R 30''
Bounding	4	2 x 20'' – R 30''
Zig-zag run	5	2 x 20'' – R 30''

Sideways running with arm thrusts	6	2 x 20'' – R 30''
Push-ups on the spot with arm thrusts	---	2 x 10