

## Peak performance

# MOVE ON TO MARATHONS

MAKE THE MOST OF YOUR SEASON'S TRAINING TO BAG YOURSELF AN AUTUMN RUN PB

## Meet the expert

**Dr Martin Yelling**

Coach Yelling is a former international duathlete and Hawaii Ironman finisher



**RUNNING A successful marathon means banking your training miles to develop a strong aerobic foundation, great stamina, better economy and efficiency and the ability to keep running for a long time. With your triathlon racing season in full swing, it's likely you've got a strong cardiovascular base from your swimming, cycling and running training, but you'll probably lack the specific running fitness necessary to complete a marathon.**

The most important features of successful marathon training plans are consistency over time, focused threshold runs, progressive long runs, an understanding of marathon pace, and getting race day nutrition right.

These training plans are aimed at triathletes who have entered an autumn marathon and want to 1) race the marathon well on 6-8hrs training per week, or 2) race the marathon hard on 10 to 12 hrs training per week. They assume you'll already be training regularly for triathlon (Olympic-

distance or greater). There are no shortcuts to a marathon. Work backwards 12 weeks from your marathon race date to start the plan. Both plans include an extra focus on running, and specifically the key training you'll need to bag a successful marathon while maintaining your triathlon fitness to see out the racing year in style.

## The key sessions

### Long run (LR)

Long runs are vital and are the key ingredient of your marathon plan. After all, a marathon is a very long run. They develop stamina, strength and the ability to go the distance. Long runs are done at a controlled, steady pace. Talking is possible.

### Threshold run (TR)

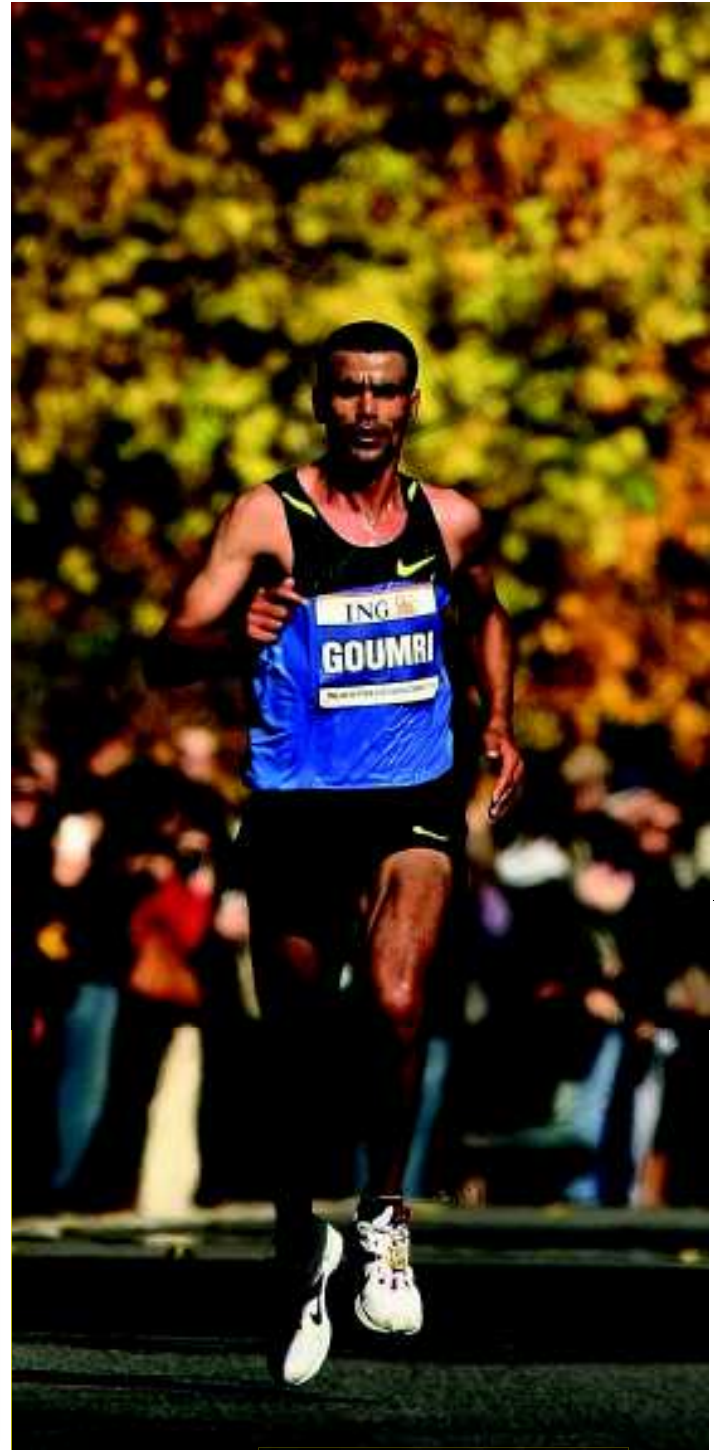
Running at threshold pace is about running under 'controlled discomfort' and is great for improving your running economy. After long endurance runs, threshold runs are probably your most valuable workouts. You'll only be capable of uttering four or five words as you run.

### Interval run (IR)

Interval running is structured periods of hard effort interspersed with periods of recovery. They are the most intense run efforts in your mix and will mean running fast.

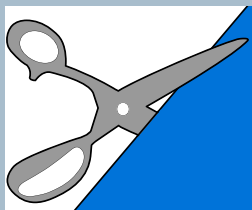
### Marathon paced run. (MP)

These runs are done at your target marathon completion pace and are an essential aspect of understanding how best to race your marathon.

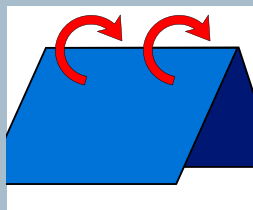


## How it works

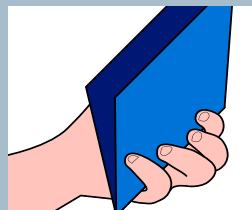
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training

Photos: Corbis Illustrations Phil Nicodemiti



# THE PLAN 6-8 HOURS PER WEEK



6-8 hours per week

## MARATHON PLAN

THE PB PLAN FOR TIME-POOR TRIATHLETES

### TRAINING NOTES

FOLD 2

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10 horizontal lines for notes.

PLAN KEY: LR = Long run TR = Threshold run IR = Interval running MP = Marathon paced run

FOLD 1

	WEEK 01	WEEK 02
Mon	<b>Type</b> Swim <b>Time</b> 1 hr <b>Level</b> Recovery <b>Instructions</b> Recovery swim day (drills and technique focus)	<b>Type</b> Swim <b>Time</b> 45mins <b>Instructions</b> Swim race pace simulation: (100m hard, 75m steady, 25m easy) x 6
Tue	<b>Type</b> Threshold run <b>Time</b> 40 mins <b>Instructions</b> 10mins easy; 20mins at threshold; 10mins easy	<b>Type</b> Threshold run <b>Time</b> 56 mins <b>Instructions</b> 10mins easy; 2x15mins at threshold (3mins recovery); 10mins easy
Wed	<b>Type</b> Bike <b>Time</b> 1hr 30mins <b>Instructions</b> Turbo or bike 1hr 30mins steady paced riding	<b>Type</b> Turbo or bike <b>Time</b> 1hr <b>Instructions</b> Steady 1hr spin. Include 4x2min big ring threshold intervals (with 2mins recovery)
Thur	<b>Type</b> Interval run <b>Time</b> 1hr <b>Instructions</b> 15mins easy run; Pyramid. 2-3-4-5-4-3-2mins hard (90s rec); 10mins easy	<b>Type</b> Run <b>Time</b> 30mins <b>Instructions</b> Easy paced 30min run. Feel good about the weekend tri race.
Fri	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim session	<b>Rest day</b> Get kit ready for triathlon race. Practise T1 and T2 transitions
Sat	<b>Type</b> Long run <b>Time</b> 1hr 30mins <b>Instructions</b> Build long run volume. 1hr 30mins steady	<b>Rest day</b>
Sun	<b>Type</b> Mini brick <b>Distance</b> 12 miles <b>Instructions</b> 10miles bike (at 25mile TT pace) 2mile run	<b>PLANNED TRIATHLON RACE</b>

	WEEK 03	WEEK 04
Mon	<b>REST DAY</b> <b>Type</b> Swim <b>Time</b> 30 mins <b>Instructions</b> Recovery swim (drills and technique)	<b>Rest day</b>
Tue	<b>Type</b> Run <b>Time</b> 40 mins <b>Instructions</b> Steady 40min active recovery run	<b>Type</b> Threshold run <b>Time</b> 1hr 5mins <b>Instructions</b> 10mins easy; 3x13mins threshold (3mins recovery); 10mins easy
Wed	<b>Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> Turbo or bike: Steady paced 1hr 30mins	<b>Type</b> Turbo or bike <b>Instructions</b> Time trial effort. Club or solo (30mins easy 1x10miles hard) 20mins easy
Thur	<b>Type</b> Threshold run <b>Time</b> 50 mins <b>Instructions</b> 10mins easy; 30mins threshold; 10mins easy	<b>Type</b> Interval run <b>Instructions</b> 15mins easy; 4x1mile hard (2mins recovery); 15mins easy. Time each one. Aim for consistency
Fri	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim session (1hr)	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim session (1hr)
Sat	<b>Type</b> Long run <b>Time</b> 1hr 50mins <b>Instructions</b> Build long run volume. 1hr 50mins steady. Take drinks and gels at 45 and 1hr 30mins	<b>Type</b> Long run <b>Time</b> 2hrs 15 mins <b>Instructions</b> Run 2hrs 15mins steady paced. Pick up the pace for final 45mins
Sun	<b>Type</b> Brick (swim-bike) <b>Instructions</b> Open-water swim (hard) then 1hr 30mins bike, including 3x10mins big ring efforts (2mins recovery)	<b>Type</b> Mini brick (swim-bike) <b>Time</b> 3hrs <b>Instructions</b> Open water swim (45mins) into bike ride (1hr 30mins hard, 45mins steady)

# TRAININGZONE

## MARATHON GET ROUND PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	Rest day	Rest day	Rest day	Type Swim Instructions Active recovery swim
Tue	Type Threshold run Time 55mins Instructions 10mins easy, 35mins threshold, 10mins easy	Type Threshold run Time 40mins Instructions 10mins easy, 20mins threshold, 10mins easy	Type Run Time 40 mins Instructions Steady 40min active recovery run	Type Threshold run Time 50 mins Instructions 10mins easy, 30mins threshold, 10mins easy
Wed	Type Turbo or bike Time 1hr 30mins Instructions 1hr 30mins steady riding	Type Turbo or bike Time 1hr Instructions 1hr steady (bike and kit check)	Type Turbo or bike Time 1hr Instructions 1hr steady	Type Bike Time 1hr 30mins Instructions Steady 1hr 30mins bike. Final 45mins at good pace. (80% effort)
Thur	Type Interval run Instructions 15mins easy, 4x1mile (90sec recovery), 15mins easy	Type Steady run Time 30 mins Instructions Steady 30min run	Type Interval run Time 1hr (approx) Instructions 15mins easy, 7x4mins fast (90s rec) 10mins easy	Type Interval run Instructions 10mins easy, 5x1mile fast (90s recovery) 10mins easy
Fri	Type Swim Time 1hr Instructions Swim squad or solo swim session (1hr)	Type Swim Time 20mins Instructions 20min swim	Type Swim Time 1hr Instructions Swim squad or solo swim session	Type Swim Time 1hr Instructions Swim squad or solo swim session
Sat	Type Long run Distance 16 miles Instructions Build long run. 16miles: 8miles at marathon pace, 6miles at 45seconds per mile slower, 2miles at MP	Rest day Get kit ready for triathlon race Practise T1 and T2 transitions	Type Marathon pace run Time 45mins Instructions 15mins at MP, 15mins at 10sec per mile faster than MP, 15mins at 20secs faster than MP	Type Marathon pace run Distance 20 miles Instructions Long run 20miles: 8miles at target MP, 6miles at 45secs slower than target MP, 6miles at MP. Or rest day, then race on Sunday (see below)
Sun	Type Mini brick (swim-bike) Time 1hr 20m Instructions Open water swim (15min hard, 15 steady, 5 hard) into 2x20mins hard bike. (5min recovery)	PLANNED TRIATHLON RACE	Type Long run Distance 18miles Instructions Long run 18 miles steady pace. Drink every 20mins. Gels at miles 6, 10, 14	Type Run Distance 17.1 miles Instructions If you rested on Saturday: Half marathon race, plus 4miles easy run afterwards. Or rest day if trained Saturday

	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	Type Swim Time 1hr Instructions Recovery swim day (drills and technique)	Type Swim Time 1hr Instructions Recovery swim day (drills and technique)	Type Swim Time 1hr Instructions Recovery swim day (drills and technique)	Type Swim Time 1hr Instructions Recovery swim day (drills and technique)
Tue	Type Interval run Time 1hr 10mins (approx) Instructions 15mins warm up, 10mins threshold run, 5x3mins fast (90s recovery), 10mins at threshold run, 10mins easy	Type Threshold run Time 1hr (approx) Instructions 10mins easy, 3x12mins threshold. (3mins rec) 10mins easy	Type Threshold run Time 40mins Instructions 10mins easy, 20mins threshold, 10mins easy	Type Marathon pace run Instructions 10mins easy, 2x1mile at marathon pace, (3mins rec), 10mins easy
Wed	Type Turbo or bike Time 1hr 30mins Instructions 1hr 30mins steady	Type Turbo or bike Time 1hour 30mins Instructions Turbo or bike: 1hr 30mins steady	Type Turbo or bike Distance 1hr 30mins Instructions Turbo or bike: 1hr 30mins steady	Rest day
Thur	Type Steady run Time 50mins Instructions Steady 50min run, picking up the pace for the 2nd half of the run	Type Interval run Time 1hr (approx) Instructions 15mins easy, 8x2.5mins fast (90secs recovery), 15mins easy	Type Interval run Instructions 10mins easy, 2miles at marathon pace (2mins rec), 2x1mile at 30secs faster than MP, 10mins easy	Type Run Time 20 mins Instructions Easy 20min run including 5x30s fast strides (90s recovery)
Fri	Rest day	Rest day	Rest day	Rest day (check kit and race day instructions)
Sat	Type Long run Distance 22 miles Instructions 16miles easy, (30-40secs per mile slower than marathon pace, then 6 miles pick up the pace)	Type Long run Distance 14 miles Instructions 8 miles at 45secs per mile slower than marathon pace, 6miles at marathon pace	Type Long run Distance 10miles Instructions 8miles easy, 2miles at marathon pace	Type Run Time 10 mins Instructions Easy 10min loosener jog OR rest day
Sun	Type Bike Time 1hr 30mins Instructions Steady 1hr 30mins recovery ride	RESTDAY OR Type Bike Time 1hr 30mins Instructions 1hr 30m active recovery ride	Rest day	RACE AUTUMN MARATHON



10+ hours per week

## MARATHON PLAN

THE IDEAL PLAN IF YOU WANT TO RACE HARD

### TRAINING NOTES

FOLD2

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Blank lined area for training notes.

PLAN KEY: LR = Long run TR = Threshold run IR = Interval running MP = Marathon paced run

FOLD1

	WEEK 01	WEEK 02
<b>Mon</b>	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique focus)	<b>Type</b> Swim <b>Distance</b> 1,800m <b>Instructions</b> Swim session: Race pace simulation: (200m hard, 50m steady, 25m hard, 25m easy)x6
<b>Tue</b>	<b>Type</b> Threshold run <b>Time</b> 50mins <b>Instructions</b> 10mins easy; 30mins at threshold; 10mins easy	<b>Type</b> Threshold run <b>Time</b> 1hr (approx) <b>Instructions</b> 10mins easy; 2x20mins at threshold (3mins rec); 10mins easy
<b>Wed</b>	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady paced riding	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hour <b>Instructions</b> Steady 1hr spin, include 5x3min big ring threshold intervals
<b>Thur</b>	<b>Type</b> Interval run <b>Instructions</b> 15mins easy run, 8x1km fast (2mins rec), 15mins easy	<b>Type</b> Run <b>Time</b> 40mins <b>Instructions</b> Easy paced 40min run. Feel good about the weekend tri race
<b>Fri</b>	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim session	<b>Rest day</b> Get kit ready for triathlon race Practise T1 and T2 transitions
<b>Sat</b>	<b>Type</b> Long run <b>Time</b> 1hr 45mins <b>Instructions</b> Build long run volume. 1hr 45mins steady	<b>Rest day</b>
<b>Sun</b>	<b>Type</b> Brick (bike-run) <b>Instructions</b> 10miles bike (at 25mile Time Trial pace), 2milerun)x2 (8mins recovery)	<b>PLANNED TRIATHLON RACE</b>

	WEEK 03	WEEK 04
<b>Mon</b>	<b>REST DAY</b> <b>OR</b> <b>Type</b> Swim <b>Time</b> 30mins <b>Instructions</b> Recovery swim day (drills and technique)	<b>Rest day</b>
<b>Tue</b>	<b>Type</b> Run <b>Time</b> 40mins <b>Instructions</b> Steady 40min active recovery run	<b>Type</b> Threshold run <b>Time</b> 1hr 10mins (approx) <b>Instructions</b> 10mins easy, 45mins threshold (3mins rec), 10mins easy
<b>Wed</b>	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 2hrs <b>Instructions</b> Steady paced 2hrs; pick up the pace for the second hour	<b>AM Type</b> Run <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Instructions</b> Time trial effort. Club or solo 30mins easy, 1x10miles hard, 20mins easy
<b>Thur</b>	<b>Type</b> Acceleration run <b>Time</b> 1hr 5mins <b>Instructions</b> 10mins easy, acceleration run: 15mins at 75%; 15mins at 80%; 15mins at 85% effort; 10mins easy	<b>Type</b> Interval run <b>Instructions</b> 15mins easy; 5x1mile hard (90sec rec); 15mins easy. Time each one and aim for consistency
<b>Fri</b>	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim session	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim session
<b>Sat</b>	<b>Type</b> Long run <b>Time</b> 2hrs 15mins <b>Instructions</b> Build long run volume. 2hrs 15mins steady. Take drinks/gels at 45mins, 1hr, 1hr 30mins	<b>Type</b> Long run <b>Distance</b> 18 miles <b>Instructions</b> Pick up the pace for the final 45mins
<b>Sun</b>	<b>Type</b> Brick (swim-bike) <b>Time</b> 2hrs <b>Instructions</b> Open-water swim (hard) then 1hr 30mins bike including 4x10mins big ring efforts (2mins recovery)	<b>Type</b> Mini brick (swim-run) <b>Time</b> 2hrs 30mins <b>Instructions</b> Open-water swim (45mins) into bike ride (1hr 45mins as 1hr hard, 45mins steady)

# TRAININGZONE

## Marathon Run Hard Plan

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique focus)	<b>Type</b> Swim <b>Distance</b> 2,600m <b>Instructions</b> Swim: 10x(25m at 100%, 25m at 70%) then 12x(100m hard-25m steady-25m hard-25m easy)	<b>Rest day</b>	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Active recovery swim
Tue	<b>Type</b> Threshold run <b>Time</b> 1hr 15mins (approx) <b>Instructions</b> 10mins easy, 4x12mins threshold (90secs rec), 10mins easy	<b>Type</b> Threshold run <b>Time</b> 40mins <b>Instructions</b> 10mins easy, 1x20mins threshold, 10mins easy	<b>Type</b> Run <b>Time</b> 1hr <b>Instructions</b> steady 1hr active recovery run	<b>Type</b> Threshold run <b>Time</b> 1hr <b>Instructions</b> 10mins easy, 40min threshold, 10mins easy
Wed	<b>AM Type</b> Swim <b>Time</b> 1hour <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady riding	<b>AM Type</b> Swim <b>Distance</b> 1hour <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hour <b>Instructions</b> 60mins steady (bike kit check)	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Bike <b>Time</b> 1hour 30mins <b>Instructions</b> Steady 1hr 30mins bike. Final 45mins at good pace (80% effort)
Thur	<b>Type</b> Interval run <b>Instructions</b> 15mins easy, 6x1mile hard (90s rec), 15mins easy	<b>KEY Type</b> Run <b>Distance</b> 30mins <b>Instructions</b> Steady 30min run	<b>Type</b> Interval run <b>Time</b> 1hr 20mins <b>Instructions</b> 15mins easy, 10x4mins fast (90s rec), 10mins easy	<b>Type</b> Interval Run <b>Instructions</b> 10mins easy, 6x1mile fast (60s rec) 10mins easy
Fri	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim session	<b>Type</b> Swim <b>Time</b> 20mins <b>Instructions</b> 20min swim	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim session	<b>Type</b> Swim <b>Time</b> 1hour <b>Instructions</b> Swim squad or solo swim session
Sat	<b>Type</b> Long run <b>Distance</b> 18miles <b>Instructions</b> Build long run: 8miles at marathon pace, 6miles at 45sec per mile slower than MP, 4miles at MP	<b>Rest day</b> Get kit ready for triathlon race Practise T1 and T2 transitions	<b>Type</b> Marathon pace run <b>Time</b> 45mins <b>Instructions</b> 15mins at MP, 15mins at 10sec per mile faster than MP, 15mins at 20secs faster than MP	<b>Type</b> Marathon pace run <b>Distance</b> 20miles <b>Instructions</b> 8miles at MP, 6miles at 45secs slower than MP, 8miles at MP. Or Rest, then race Sun
Sun	<b>AM Type</b> Brick (swim-bike) <b>Instructions</b> Open-water swim (15 mins hard-15mins steady-5mins hard, into 3x20mins hard on bike. 40mins easy)	<b>PLANNED TRIATHLON RACE</b>	<b>Type</b> Long run <b>Distance</b> 20miles <b>Instructions</b> Steady pace. Drink every 20mins. Gels at miles 6, 10, 14.	<b>Type</b> Half marathon race <b>Instructions</b> Half marathon race plus 4miles easy run afterwards if you rested yesterday. Rest Day if trained Saturday
WEEK 09				
Mon	<b>Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)
Tue	<b>Type</b> Interval run <b>Time</b> 1hr 10mins <b>Instructions</b> 15mins WU, 15mins TR, 5x3mins (fast, 1min recovery), 10mins at threshold run, 10mins easy	<b>Type</b> Threshold run <b>Time</b> 1hr 20mins <b>Instructions</b> 10mins easy, 3x12mins threshold (2mins rec), 10mins easy	<b>Type</b> Threshold run <b>Time</b> 40mins <b>Instructions</b> 10mins easy, 1x20mins threshold, 10mins easy	<b>Type</b> Marathon pace run <b>Instructions</b> 10mins easy, 2x1mile at MP, (3mins rec), 10mins easy
Wed	<b>AM Type</b> Swim <b>Distance</b> 1hour <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hour <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM REST</b>
Thur	<b>Type</b> Run <b>Time</b> 1hr <b>Instructions</b> 20mins easy run, 20mins steady run, 20mins fast run	<b>Type</b> Interval run <b>Time</b> 1hr 20mins (approx) <b>Instructions</b> 15mins easy, Fast 3x (4x2.5mins with 60sec rec) with 3mins recovery at the end of each set, 15mins easy	<b>Type</b> Interval run <b>Instructions</b> 10mins easy, 2miles at MP (2mins rec), 2x1mile at 30secs faster than MP, 10mins easy	<b>Type</b> Run <b>Time</b> 20mins <b>Instructions</b> Easy 20min run including 5x30s fast strides (90s rec)
Fri	<b>Rest Day</b>	<b>Rest Day</b>	<b>Rest Day</b>	<b>Rest Day</b> (check kit and race day instructions)
Sat	<b>Type</b> Run <b>Distance</b> 22miles <b>Instructions</b> 16miles easy (30-40s per mile slower than MP, then last 6miles pick up the pace)	<b>Type</b> Long run <b>Distance</b> 16miles <b>Instructions</b> 8miles at 45secs per mile slower than MP 8miles at MP	<b>Type</b> Long run <b>Distance</b> 12miles <b>Instructions</b> 8miles easy, 2miles at target MP, 2miles easy	<b>Type</b> Run <b>Time</b> 10mins <b>Instructions</b> Easy 10min jog, or rest day
Sun	<b>Type</b> Bike <b>Time</b> 1hour 30mins <b>Instructions</b> Steady 1hr 30mins recovery ride	<b>RESTDAY OR</b> <b>Type</b> Bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins recovery ride	<b>Rest Day</b>	<b>RACE AUTUMN MARATHON</b>
WEEK 11				
Mon	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)
Tue	<b>Type</b> Interval run <b>Time</b> 1hr 10mins <b>Instructions</b> 15mins WU, 15mins TR, 5x3mins (fast, 1min recovery), 10mins at threshold run, 10mins easy	<b>Type</b> Threshold run <b>Time</b> 1hr 20mins <b>Instructions</b> 10mins easy, 3x12mins threshold (2mins rec), 10mins easy	<b>Type</b> Threshold run <b>Time</b> 40mins <b>Instructions</b> 10mins easy, 1x20mins threshold, 10mins easy	<b>Type</b> Marathon pace run <b>Instructions</b> 10mins easy, 2x1mile at MP, (3mins rec), 10mins easy
Wed	<b>AM Type</b> Swim <b>Distance</b> 1hour <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hour <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM REST</b>
Thur	<b>Type</b> Run <b>Time</b> 1hr <b>Instructions</b> 20mins easy run, 20mins steady run, 20mins fast run	<b>Type</b> Interval run <b>Time</b> 1hr 20mins (approx) <b>Instructions</b> 15mins easy, Fast 3x (4x2.5mins with 60sec rec) with 3mins recovery at the end of each set, 15mins easy	<b>Type</b> Interval run <b>Instructions</b> 10mins easy, 2miles at MP (2mins rec), 2x1mile at 30secs faster than MP, 10mins easy	<b>Type</b> Run <b>Time</b> 20mins <b>Instructions</b> Easy 20min run including 5x30s fast strides (90s rec)
Fri	<b>Rest Day</b>	<b>Rest Day</b>	<b>Rest Day</b>	<b>Rest Day</b> (check kit and race day instructions)
Sat	<b>Type</b> Run <b>Distance</b> 22miles <b>Instructions</b> 16miles easy (30-40s per mile slower than MP, then last 6miles pick up the pace)	<b>Type</b> Long run <b>Distance</b> 16miles <b>Instructions</b> 8miles at 45secs per mile slower than MP 8miles at MP	<b>Type</b> Long run <b>Distance</b> 12miles <b>Instructions</b> 8miles easy, 2miles at target MP, 2miles easy	<b>Type</b> Run <b>Time</b> 10mins <b>Instructions</b> Easy 10min jog, or rest day
Sun	<b>Type</b> Bike <b>Time</b> 1hour 30mins <b>Instructions</b> Steady 1hr 30mins recovery ride	<b>RESTDAY OR</b> <b>Type</b> Bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins recovery ride	<b>Rest Day</b>	<b>RACE AUTUMN MARATHON</b>
WEEK 12				
Mon	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)	<b>KEY Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Recovery swim day (drills and technique)
Tue	<b>Type</b> Interval run <b>Time</b> 1hr 10mins <b>Instructions</b> 15mins WU, 15mins TR, 5x3mins (fast, 1min recovery), 10mins at threshold run, 10mins easy	<b>Type</b> Threshold run <b>Time</b> 1hr 20mins <b>Instructions</b> 10mins easy, 3x12mins threshold (2mins rec), 10mins easy	<b>Type</b> Threshold run <b>Time</b> 40mins <b>Instructions</b> 10mins easy, 1x20mins threshold, 10mins easy	<b>Type</b> Marathon pace run <b>Instructions</b> 10mins easy, 2x1mile at MP, (3mins rec), 10mins easy
Wed	<b>AM Type</b> Swim <b>Distance</b> 1hour <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hour <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM Type</b> Turbo or bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins steady	<b>AM Type</b> Swim <b>Time</b> 1hr <b>Instructions</b> Swim squad or solo swim <b>PM REST</b>
Thur	<b>Type</b> Run <b>Time</b> 1hr <b>Instructions</b> 20mins easy run, 20mins steady run, 20mins fast run	<b>Type</b> Interval run <b>Time</b> 1hr 20mins (approx) <b>Instructions</b> 15mins easy, Fast 3x (4x2.5mins with 60sec rec) with 3mins recovery at the end of each set, 15mins easy	<b>Type</b> Interval run <b>Instructions</b> 10mins easy, 2miles at MP (2mins rec), 2x1mile at 30secs faster than MP, 10mins easy	<b>Type</b> Run <b>Time</b> 20mins <b>Instructions</b> Easy 20min run including 5x30s fast strides (90s rec)
Fri	<b>Rest Day</b>	<b>Rest Day</b>	<b>Rest Day</b>	<b>Rest Day</b> (check kit and race day instructions)
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Sun	<b>Type</b> Bike <b>Time</b> 1hour 30mins <b>Instructions</b> Steady 1hr 30mins recovery ride	<b>RESTDAY OR</b> <b>Type</b> Bike <b>Time</b> 1hr 30mins <b>Instructions</b> 1hr 30mins recovery ride	<b>Rest Day</b>	<b>RACE AUTUMN MARATHON</b>