



TRAINING PROGRAM – MARATHON

(THE RUNNING CLINIC)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	10'W 5x (1'R/1'W)	10'W 7x (1'R/1'W)	10'W 10x (1'R/1'W)	10'W 3x (2'R/1'W)	Rest	10'W 5x (2'R/1'W)	10'W 4x (3'R/1'W)
Week 2	Rest	5'W 4x (4'R/1'W)	15'R	4x (4'R/1'W)	Rest	15'R	4 km
Week 3	Rest	5x (4'R/1'W)	15'R	6x (4'R/1'W)	Rest	15'R	6 km
Week 4	Rest	10'R 2x (2'R/1'W)+ 5'R	20'R	25'R	Rest	15'R	7 km
Week 5	Rest	10'R 3x (2'R/1'W)+ 5'R	20'R	30'R	Rest	20'R	8 km
Week 6	Rest	10'R 4x (2'R/1'W)+ 5'R	25'R	10'R 3x (3'R/1'W)+ 5'R	Rest	20'R	10 km
Week 7	Rest	10'R 5x (2'R/1'W)+ 5'R	25'R	10'R 3x (4'R/1'W)+ 5'R	Rest	20'R	8 km
Week 8	Rest	10'R 6x (2'R/1'W)+ 5'R	30'R	15'R 3x (5'R/1'W)+ 5'R	Rest	20'R	12 km

NB | This program is based on notions of mechanical and physiological stress quantification. We believe that with two years of experience and good running habits (type of shoe and biomechanics), most runners will complete this 24-week running program without getting injured.

Week 9	Rest	15'R 7x (2'R/1'W)+ 5'R	30'R	20'R 3x (6'R/1'W)+ 5'R	Rest	20'R	14 km
Week 10	Rest	15'R 8x (2'R/1'W)+ 5'R	35'R	20'R 3x (7'R/1'W)+ 5'R	Rest	25'R	16 km
Week 11	Rest	15'R 10x (2'R/1'W)+ 5'R	35'R	20'R 3x (8'R/1'W)+ 5'R	Rest	25'R	19 km Drink ad libitum ☺
Week 12	Rest	30'R	40'R	15'R 2x (7'R/1'W)+ 5'R	Rest	20'R	12 km
Easy week							
Week 13	Rest	15'R 5x (4'R/1'W)+ 5'R	40'R	20'R 3x (6'R/1'W)+ 5'R	Rest	25'R	21 km Drink ad libitum ☺
Week 14	Rest	20'R 4x (5'R/1'W)+ 5'R	45'R	20'R 4x (5'R/1'W)+ 5'R	Rest	25'R Eat pasta ☺	24 km Drink ad libitum ☺
Week 15	Rest	20'R 3x (6'R/1'W)+ 5'R	50'R	20'R 5x (4'R/1'W)+ 5'R	Rest	30'R Eat pasta ☺	27 km Drink ad libitum ☺
Week 16	Rest	30'R	50'R	20'R 6x (3'R/1'W)+ 5'R	Rest	20'R	16 km
Easy week							
Week 17	Rest	25'R 3x (6'R/1'W)+ 10'R	50'R	20'R 9x (2'R/1'W)+ 5'R	Rest	30'R Eat pasta ☺	26 km Drink ad libitum ☺
Week 18	Rest	25'R 3x (8'R/1'W)+ 10'R	55'R	25'R 15x (1'R/1'W)+ 5'R	Rest	30'R Eat pasta ☺	29 km Drink ad libitum ☺

Week 19	Rest	25'R 2x(10'R/1'W)+ 10'R	60'R	25'R 10x (2'R/1'W)+ 5'R	Rest	35'R Eat pasta ☺	32 km Drink ad libitum ☺
Week 20	Rest	40'R	50'R	25'R 17x (1'R/1'W)+ 5'R	Rest	20'R	20 km
Easy week							
Week 21	Rest	25'R 3x (6'R/1'W)+ 10'R	60'R	20'R 15x (2'R/1'W)+ 5'R	Rest	40'R Eat pasta ☺	34 km Drink ad libitum ☺
Week 22	Rest	20'R 5x (4'R/1'W)+ 10'R	60'R	20'R 15x (1'R/1'W)+ 5'R	Rest	30'R Eat pasta ☺	30 km Drink ad libitum ☺
Week 23	Rest	20'R 5x (4'R/1'W)+ 5'R	50'R	20'R 10x (2'R/1'W)+ 5'R	Rest	20'R	18 km
Week 24	Rest	15'R 3x (6'R/1'W)+ 5'R	30'R Eat pasta ☺	Rest Eat pasta ☺	Rest Eat pasta ☺	20'R Eat pasta ☺	MARATHON!! Drink ad libitum ☺
Week 25	Rest	Rest	Rest	Rest	Rest	Rest	Rest

R: All trainings to be performed at a **r**unning pace perceived as an effort level ranging from “moderate” to “hard.” Duration expressed in minutes (‘) or in km

W: Warm-up or cool-down **w**alk

+: Increase running speed so that you feel you are running at a pace that you perceive as “hard.” This does not mean that you should sprint but that you should rather increase the pace moderately.

Advice: During training, continue wearing minimalist shoes, keep running at a high cadence and be mindful of what your body tells you; in other words, don’t lose the running habits that you have developed during the first two years of training with the 10 km and ½ marathon programs. Even for long runs and your marathon!

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