

→ FITNESS → NUTRITION → INSPIRATION →

WORLD'S BESTSELLING RUNNING MAGAZINE

# RUNNER'S<sup>®</sup> WORLD

## GET LEAN FAST!

FIT AND TONED IN JUST 6 WEEKS



LOSE WEIGHT WITH CAKE! P27

### RUN YOUR PERFECT MARATHON

- ▶ Expert plans for every goal
- ▶ Eat smart to perform better
- ▶ Why 26.2 beats having an affair!

### 22 RUNNER'S SUPERFOODS

- ▶ MORE ENERGY
- ▶ BETTER STAMINA
- ▶ STRONGER JOINTS

Beat Muscle Pain In 4 Easy Moves P37

## YOUR TRAINING CRIMES, SOLVED!

**BEGINNERS**  
Simple Tricks To Boost Your Speed

## 10 UK HILL RUNS YOU MUST TRY

### GOODBYE GRETE

WE PAY TRIBUTE TO THE LEGEND WHO TRANSFORMED WOMEN'S RUNNING



PS! 239 GREAT WINTER RACES + RUNNER'S XMAS GIFT GUIDE



# RUNNER'S WORLD MARATHON TRAINING PLAN GENERATOR

Feed in your details and our 'machine' will identify your ideal 26.2 goal, then provide a precision-engineered plan to get you there

Words: Kerry McCarthy

So, after the joy of securing your spring marathon entry, comes the terror of wondering how on earth you're going to get your legs (and everything else) ready to nail your 26.2 target. You need to know exactly what your goal should be, and how to get there, which is where the machinery on these pages comes in. Devised by RW and Mike Antoniadis, director of the Running School ([runningschool.co.uk](http://runningschool.co.uk)), the Marathon Plan Generator (MPG)<sup>™</sup> will help you work out your marathon potential, then give you the perfectly tailored plan to fulfil it. ▶





# MARATHON PLAN GENERATOR





**START**

## User's manual: Quick-start guide

First, answer the questions in our comprehensive self-test, which will assess every aspect of your marathon potential, factoring in your running history, ambition, motivation and potential for injury. The MPG™ will then calculate your ideal goal – which may just surprise you. (If you disagree with the calculation, you're free to hit the manual-override switch and pick the plan based purely on your target time.)

You'll then be directed to one of the tailored marathon plans. Based on three core schedules, they come fitted with adaptations to precisely fit your needs and goals. As well as detailed running schedules, you'll get targeted workout tips, strength-training moves, motivation and training advice. In fact, the only thing we haven't covered is renting the rhino costume.

## Step 1: Find your goal

Answer the questions below, then add up your score to find the right goal time and training plan for you

**Q. How long have you been running?**

- I've never run before (1)
- Less than a year (2)
- 2-3 years (3)
- 3+ years (4)

**Q. How often do you run?**

- <2 times a week (1)
- 2-3 times a week (2)
- 3-4 times a week (3)
- 5+ times a week (4)

**Q. How many miles a week do you run?**

- 0-10 (1)
- 10-20 (2)
- 20-30 (3)
- 30+ (4)

**Q. How many marathons have you run?**

- 0 (1)
- 1 (2)
- 2 (3)
- 3+ (4)

**Q. What's your 10K PB?**

- Never done one (0)
- 60 mins (1)
- 50-60 mins (2)
- 40-50 mins (3)
- <40 mins (4)

**Q. Your half marathon PB?**

- Never done one (0)
- 2:15-2:30 (1)
- 2:00-2:15 (2)
- 1:45-2:00 (3)
- <1:45 (4)

**Q. And your marathon PB?**

- Never done one (0)
- 5hrs+ (1)
- 4:30-5:00 (2)
- 4:00-4:30 (3)
- 3:30-4:00 (4)
- <3:30 (5)

**Q. When were you last injured?**

- In the past 6 weeks (1)
- 6-12 weeks ago (2)
- 12-16 weeks ago (3)
- More than 16 weeks ago (4)

**Q. How injury-prone are you?**

- There's always something wrong (1)
- A couple of times a year (2)
- About once a year (3)
- Less than once a year (4)

**Q. How often do you cross-train or do another sport?**

- Once a month (1)
- 2-3 times a month (2)
- Once a week (3)
- More than once a week (4)

**Q. How determined would you say you are?**

- I give up quite easily (1)
- I'm OK as long as things go smoothly (2)
- I can push through to get the job done (3)
- I'm Rocky Balboa (4)

## Step 2: Find your plan

- 8-15 points: just get round (turn to page 50)
- 16-30 points: break 4:00 (turn to page 52)
- 31-45 points: break 3:30 (turn to page 54)



## Step 3: Using the training plans

The plans are based on running by time rather than distance. Working on a combination of time and your Rate of Perceived Exertion (RPE) means the intensity of the sessions will be individually tailored to you, factoring in your ability and your physical state on the day of the session. Don't panic because you don't see the miles tick by: "Unless you're an old hand at marathon training, your main aim should be to show yourself that you're capable of being on your feet for a long time," says Antoniadis, who believes the time/exertion system allows you to train at the right intensity without becoming hung up on figures.

**Measuring your RPE.** Gauge your RPE on a simple 1-10 scale, where an RPE of 1 is minimal effort (walking), and 10 is maximal (sprinting).

**RPE Guidelines for Training Plans.** Match your RPE to the terms in the plan as follows:

**Easy: 4-5** Run at a pace that allows you to carry on a conversation. This builds your aerobic base, or warms you up for more intense effort.

**Steady: 5-6** A canter rather than a trot, you should be making a moderate effort, but be able to breathe steadily and exchange the odd sentence with a training partner.

**Tempo: 6-7** These tempo runs should feel challenging but manageable. They train your body to sustain speed over a distance.

**Hard: 8-10** Almost all-out work; you can only gasp a syllable at a time.

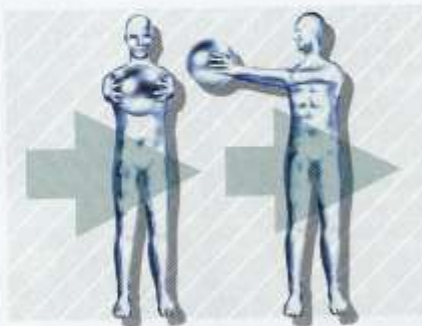
**Rest days:** Ideally, do no exercise. Non-impact cross-training (leg stretching, yoga, swimming) is fine.

**Hills:** These short, sharp interval sessions improve your leg strength. Find an incline that you will take you at least a minute to ascend.

## Step 4: Key strength moves

Where your schedule indicates a 'strength day', complete a circuit of the following four moves, designed to build up your key running muscles and enhance functional strength. Performing the exercises in a sequence comprises one circuit. Start by doing two circuits, then add another circuit every other week as your strength improves. Go to [runnersworld.co.uk/strengthtrainingmoves](http://runnersworld.co.uk/strengthtrainingmoves) to see a longer list of moves that you can add to your strength-day routine.

### Medicine ball rotation



"This move trains your pelvis and hips to cope with the twisting action they fight against when your arms swing your torso around on the run," says Antoniadis.  
1) Stand with your feet shoulder-width apart, knees slightly bent, and arms straight out in

front, holding a (2-4kg) medicine ball.  
2) With arms locked, twist your torso to the right until the ball is level with your right hip. Keep your hips and pelvis forward. Twist to the front, then to your left hip. Repeat slowly for three sets of one minute.

### Swiss ball hamstring curl



"This move toughens your hamstrings, powers up your glutes and strengthens your lower back," says Antoniadis.  
1) Lie on your back, heels on a Swiss ball.  
2) Form a bridge by lifting yourself up onto your shoulder blades, resting your hands and

forearms lightly on the ground for balance. Push your pelvis up as high as you can. Don't let your bum drop. Suck in your stomach muscles, then pull the ball towards you with your heels, bending your legs. Push the ball back to finish one rep. Do three sets of 12-15.

### Swiss ball glute stretch



"Your glutes power your legs, so when you step up training it's important that you lengthen and strengthen them to cope with the extra load," says Antoniadis  
1) Stand with one foot in front of the other, both feet pointing forward,

heels on the ground and knees both slightly bent.  
2) Holding a Swiss ball, bend from the waist to about 90 degrees, then straighten. Keep your stomach muscles tense and your back straight, and don't push your bum out. Do four sets of 20.

### Mini squat and push



This is a great full-body move. "It improves leg strength and balance, and toughens your core," says Antoniadis  
1) Stand straight, feet hip-width apart, holding a 2-4kg medicine ball in front of your chest, arms tucked in.

2) Drop into a squat. Keep your knees over your feet and your weight on your heels.  
3) Push up onto your tiptoes while raising the ball up over your head until your arms are straight. Do three sets of 15.



# The just get round plan

Follow our advice and you'll finish in better shape than you ever imagined

You're new to marathons or you're coming back from injury - either way you should choose the option that gives you the best chance of finishing the race comfortably. If you scored 10 or more in the test on page 48 and you do have an eye on the clock, consider hitting Boost Button One so you can adapt the plan to prepare you for a 4:45 finish. Score over 13? You could hit Boost Buttons One and Two to generate a 4:30 finish plan.

## Newbies need to know...

Coach Susan Paul addresses your marathon concerns

**Q:** Should I follow a training plan?

**A:** A good plan, such as the one on the opposite page, increases mileage over an appropriate time frame. Doing too much too soon is a common newbie mistake.

**Q:** What if I miss a workout?

**A:** Call it a rest day and don't try to make it up. If you miss most or all of a week, scale back the following week's workouts by 10 per cent, then resume regular training.

**Q:** What if I can't finish a workout?

**A:** You may be going out too hard or running too fast for the given distance. Try slowing down. If that doesn't work, the plan may be ramping up faster than you're adapting. Repeat a week, then move on.

**Q:** How will I know I can run 26.2 miles if my longest long run isn't that far?

**A:** After building your weekly running to a peak of about 40 miles and doing several two-hour-plus long runs, you will be fit enough to run 26.2. In that final 10K, the challenge is more

mental than physical. Make a plan to combat self-doubt - station friends along the final stretch, eat a treat at mile 23, or repeat a positive mantra.

**Q:** Why do I have to do speedwork?

**A:** Fast running strengthens your heart, boosts the efficiency of your cardiovascular system, and builds power in your legs. It also helps improve your form. When you run slower, you tend to get sloppy with your movements. Running fast helps streamline form and protect against injury.

### 4:45 Finish

#### Booster Button One

To boost your endurance, introduce walk breaks into your long runs. They allow your body to recover and, for new marathoners, often lead to quicker times. Switch to segments of six minutes: five minutes run, one minute walk, for as long as you need. You should still run for the same amount of time in total, you'll just extend your session to accommodate the walking.

### 4:30 Finish

#### Booster Button Two

To boost your speed endurance on the flat, do your hill training faster. For the hill sessions in weeks six to 13, upgrade the pace from easy to steady, and jog down every other rep rather than walking. This teaches you to push on through discomfort.

## Top Tip: Don't be a slave to your schedule

"Take your resting heart rate first thing each morning," says Antoniadis. (Feel your pulse for 30 seconds, then multiply by two). "If it's five beats or more above normal, you're training too hard. Reduce the day's session by 30 per cent. Return to normal the next day if you've recovered."



MARATHON  
PLAN  
GENERATOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 min easy run	15 min easy run	Rest day	10 min easy run, 10 min tempo run, 10 min easy run = 30min	Rest day	10 min easy run, then 1 min hard run, 2 min easy run x 6. 12 min easy run = 40 min	30 min easy run
WEEK 2	10 min walk, 15 min easy run	Strength day (30-45 min). See p49 and <a href="http://runnersworld.co.uk/strengthtrainingmoves">runnersworld.co.uk/strengthtrainingmoves</a>	10 min easy run, 15 min tempo run, 10 min easy run = 35min	Rest day	10 min easy run, then 2 min hard run, 3 min easy run x 4, 10 min easy run = 40 min	30 min easy run	45 min easy run
WEEK 3	10 min walk, 15 min easy run	Strength day	10 min easy run, 20 min tempo run, 10 min easy run = 50min	Rest day	15 min warm-up 15, 30 min easy run, 5x1 minute hard, 2 min easy	30 min easy run	1 hr easy run
WEEK 4	10 min walk, 15 min easy run	Strength day	10 min easy run, 30 min tempo run, 10 min easy run = 50min	Rest day	10 min easy run, then 1 min hard run, 3 min easy run x 5. 10 min easy run = 40 min	30 min easy run	1 hr easy run
WEEK 5	10 min walk, 15 min easy run	Strength day	45 min tempo run	Rest day	45 min easy run	55 min easy run	75 min steady run
WEEK 6	10 min walk, 15 min easy run	Strength day	20 min easy hill run, 20x1 min hill runs, 2 min walk down, 10 min easy hill run	Rest day	30 min easy run	45 min easy run	90 min steady run
WEEK 7	10 min walk, 15 min easy run	Strength day	20 min easy hill run, 20x1 min hill runs, 2 min walk down, 10 min easy hill run	Rest day	5 min easy run, 20 min steady run, 5x1000 metres hard with 3 minute recovery walk	20 min walk	105 min easy run
WEEK 8	15 min walk, 15 min easy run	Strength day	20 min easy hill run, 20x1 min hill runs, 2 min walk down, 10 min easy hill run	Rest day	15 min easy run, then 5 min fast run, 2 min easy run x 5. 15 min easy = 65 min	20 min easy run	2 hr easy run
WEEK 9	30 min easy run	Strength day	10 min easy. Then 15 min at race pace with 3 min jog recovery x 2, 10 min easy = 53 min	Rest day	15 min easy run, then 5 min fast run, 1 min easy run x 5. 15 min easy run = 60 min	Rest day	Race day: half marathon
WEEK 10	30 min easy run	Strength day	45 min easy run	Rest day	15 min easy run	Rest day	Race day (10 miles, or a half marathon)
WEEK 11	30 min easy run	Strength day	15 min easy run, 40 min at race pace, 15 min easy run = 70min	Rest day	15 min easy run. Then 8 min fast, jog 2 min easy x 4, 15 min easy run = 70 min	30 min easy run	3hr easy run
WEEK 12	25 min easy run	Strength day	10 min easy run. Then 5 min tempo run, 5 min easy run x 3, 10 min easy run = 50 min	Rest day	45 min steady run	30 min easy run	2hr easy run
WEEK 13	Rest or 25 min easy run	Strength day	20 min easy hill run, 20x1 min hill runs, 2 min walk-down, 10 min easy hill run	Rest day	30 min easy run	Rest day	1 hr easy run
WEEK 14	20 min easy run	Rest day	10 min easy run. Then 1 mile at race pace, 10 min easy, 1 mile at race pace, 10 min easy	Rest day	30 min easy run	30 min easy run	Marathon day



# The sub-4:00 plan

A complete programme to train injury-free and duck under that magic milestone come race day

You may be an experienced runner stepping up to the big one for the first time, or else you've had a taste of 26.2 and now want to nail a specific time. And what better target to go for than four hours, a popular time target that separates the good from the very good. If you scored 20+, we suggest you hit **Booster Button One** to adapt the plan for a 3:50 finish. Scored over 26? Add **Booster Button Two** as well and tweak the schedule to get you round in 3:40.

## Stay Healthy

How to modify any training plan to sidestep injury

### STRETCH IT OUT

Start your training a month earlier. Add time to the crucial base-building phase, and build mileage for two weeks instead of three, before reducing mileage for a week.

### RUN LESS

Do three runs a week.

A tempo, long, and marathon-pace run will boost your conditioning and allow plenty of time for recovery.

### MIX THINGS UP

Neal Henderson, of the Boulder Center of Sports Medicine, US, recommends cycling or elliptical

cross-training. "Longer efforts add to aerobic training volume with little stress on your body," he says.

### SCALE BACK OFTEN

Every third week, reduce mileage by half. "Most runners don't drop volume enough," says Henderson.



**3:50  
Finish**

### Booster Button One

If you're aiming to dip under 4:00, sharpen your speed by doubling up on strength-training days and doing a short interval session first. Do 30 minutes on the treadmill in the gym, alternating between 90 seconds' run and 90 seconds' walk. It's a sneaky way of fitting in a short, quality speed session without disrupting your schedule.

**3:40  
Finish**

### Booster Button Two

Upgrade your Saturday easy runs to steady pace, which will give you a quicker base pace.

	SHIN SPLINTS	ILIOTIBIAL BAND SYNDROME	PLANTAR FASCIITIS	RUNNER'S KNEE	HIP PAIN
COMPLAINT	Overpronation and poor use of muscles causes connective tissue on lower leg to tug.	Unstable hips cause side-to-side motion. Connective tissue pulls on the knee.	Poor shock absorption from lower-leg muscles causes pain in heel-to-toe area.	Pain caused by stress from overuse/leaning too far forward and weak glutes.	Weak glutes, poor running mechanics, and/or an unstable core.
SOLUTION	Run barefoot 10 minutes a week. This improves form and muscle recruitment.	Lie on your side with a foam roller under left hip. Slowly roll it from hip to knee.	Roll a frozen bottle of water firmly from the base of each toe to the heel, and back.	Lean slightly forward from ankles so weight shifts to balls of feet when running.	Do regular glute and core moves. Go to <a href="http://runnersworld.com/whatsyourgoal?">runnersworld.com/whatsyourgoal?</a>

## Top Tip: Always finish a session

Some days you'll have no enthusiasm but try not to give up. Something is usually better than nothing. "Covering the time on your feet, however slowly, is beneficial and you'll get a confidence boost from soldiering on," says Antoniadis. "Only drop out if you feel acute pain or nausea."





MARATHON  
PLAN  
GENERATOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 min easy run	15 min easy, strength day. See p49 and <a href="http://runnersworld.co.uk/strengthtrainingmoves">runnersworld.co.uk/strengthtrainingmoves</a>	10 min easy run, 10 min tempo run, 15 min easy run = 35 min	15 min easy run, then 4x400m hard, with 4 min recovery walks	Rest day	10 min easy run, then 1 min hard run, 2 min easy run x 6, 12 min easy run = 40 min	40 min easy run
WEEK 2	30 min easy run	20 min easy run and strength day	15 min easy run, 5 min tempo run with 2 min slow jog x 3, 15 min easy run = 51 min	15 min easy run, then 4x400m hard, with 4 min recovery walks	Rest day	10 min easy run, then 1 min hard run, 2 min easy run x 6, 12 min easy run = 40 min	45 min easy run
WEEK 3	30 min walk, 45 min easy run	Strength day	10 min easy run, 30 min tempo run, 10 min easy run = 50 min	15 min easy run, then 4x400m hard, with 4 min recovery walks	Recovery or rest day	10 min easy run, then 1 min hard run, 3 min easy run x 5, 10 min easy run = 40 min	75 min easy run. Stretching
WEEK 4	15 min walk, 15 min easy run	20 min easy hill run, 20x1 min hill runs, 2 min walk-down, 10 min easy hill run	Strength day	15 min easy run, then 5x400m hard, with 4 min recovery walks	45 min tempo run	45 min easy run	90 min steady run
WEEK 5	15 min walk, 15 min easy run	20 min easy hill run, 20x1 min hill runs, 2 min walk-down, 10 min easy hill run	Strength day	15 min easy run, then 5x400m hard, with 4 min recovery walks	Rest day	45 min easy run	90 min run (60 min steady, 30 min race pace)
WEEK 6	15 min walk, 20 min easy run	Strength day	20 min easy run, 20 min steady run, 5x1,000m hard with 3 min easy run	Rest day	10 min easy run, 5 min fast run, 2 min easy run x 4, 10 min easy run = 48 min	20 min walk, 20 min run. Stretching	2 hr run (30 min easy, 30 min race pace, 60 min easy)
WEEK 7	15 min walk, 15 min easy run	Strength day	20 min easy hill run, 20x1 min hill runs, 2 min walk-down, 10 min easy hill run	15 min easy, 5x400m hard, with 4 min recovery walks, 2x800m hard with 4 min recovery	15 min easy run, then 5 min fast run, 2 min easy run x 5, 15 min easy run = 65 min	20 min easy run	2:30 easy run
WEEK 8	30 min easy run	Strength day	10 min easy run, 15 min at race pace, 3 min jog (recovery) x 2, 10 min easy = 53 min	15 min easy, 5x400m hard, with 4 min recovery walks, 4x800m hard with 4 min recovery	15 min easy run, then 5 min fast run, 1 min easy run x 5, 15 min easy run = 60 min	Rest day	Race day: half marathon
WEEK 9	30 min easy run	Strength day	20 min easy run	15 min easy, 5x400m hard, with 4 min recovery walks, 4x800m hard with 4 min recovery	15 min easy run	30 min easy run	Race day (10 miles or half marathon)
WEEK 10	30 min easy run	Strength day	15 min easy run, 40 min at race pace, 15 min easy run = 70 min	15 min easy run, then 8x400m sprints with 4 min recovery walks	15 min easy run, then 8 min fast, jog 2 min x 4, jog 15 min = 70 min	30 min easy run	3hr easy run
WEEK 11	15 min walk, 25 min easy run	Strength day	10 min easy run, then 5 min tempo, 5 min easy x 6, 10 min easy = 80 min	15 min easy run, then 6x400m sprints with 4 min recovery walks	Rest day	30 min easy run	2hr easy run
WEEK 12	Rest or 25 min easy run	Strength day	15 min easy run, 40 min at marathon pace, 15 min easy = 70 min	15 min easy run, then 4x400m sprints with 4 min recovery walks	30 min easy run	Rest day	60 min easy run
WEEK 13	40 min easy run	Rest day	10 min easy run, 1 mile at marathon race pace, 10 min easy, 1 mile at marathon race pace, 10 min easy = 32 min	Rest day	30 min easy run	30 min easy run	Marathon day



# The sub-3:30 plan

This perfectly tailored fast-finish regime will help secure major bragging rights

You're clearly no stranger to hard, disciplined training miles and your ability suggests you can go for a fast time. Maybe even faster than you think: if you scored 35 or more, **Booster Button One** could upgrade your plan for a 3:25 finish, 40+ and also hitting **Booster Two** adapts the plan for a lightning sub-3:20.

## Training Q&As

The things you need to know about your workouts

**Q** Are hill repeats on a treadmill as effective as hitting hills outside?

**A** Running hills on a treadmill is fine - the softer surface reduces stress on the joints, says **Rae Ann Darling Reed**, a coach in Bradenton, Florida ([runnersgirl.com](http://runnersgirl.com)). However, treadmills alter your natural stride, which may cause pain in your calves or Achilles.

**Q** I'm in the base-building phase for a race. Does time on the elliptical, rowers and bike count?

**A** Yes, but not as much as time on the roads, says **Amby Burfoot**, RW editor at large. Training

for running is most effective when it's most specific - that is, when you're running. But cross-training helps you build your base and avoid injury.


**Q** I live in the country and mostly run off-road. How will that affect my workouts?

**A** Trails are easier on your legs, which means it'll take longer for them to become sore or fatigued, says coach **Reo Stirrat** ([distance-running-tips.com](http://distance-running-tips.com)). But the uneven nature of trails means you'll have to slow down a tad. You will be five to 10 seconds per mile slower than you would be on the road.

**Q** Why do I hit the wall so early - mile 16?

**A** Hitting the wall that early in a long run is probably due to improper pacing or fuelling - or both. Run 10 seconds per mile slower than your goal pace for the first six miles, then gradually pick it up, says **Nikki Raffie**, a Road Runners Club of America-certified coach. Easing into the pace will delay muscle soreness and fatigue. Stay well fuelled with a pre-run meal of complex carbs and protein. Take an energy gel at miles eight, 13 and 18. Finally, focus on staying positive and relaxed on race day.

### Top tip: Stretch after every session

"Static stretching before running is not helpful," says Antoniadis. "It relaxes your muscles, which is the last thing you want to do before an explosive action such as running." Instead, warm up by walking and jogging slowly for 10 minutes. After your training session spend 20 minutes stretching all the major muscles groups to flush out lactic acid and promote blood flow. This aids recovery and prepares you for your next workout. 

### 3:25 Finish

#### Booster Button One

If you're aiming to get comfortably inside 3:30, then increase the length of your hill-running sessions by 30-40 per cent, so your 20-minute hill session on Tuesday of week three would increase to 26-28 minutes. Also, upgrade your Saturday easy runs from 'easy' to 'steady' and 'tempo', alternating each week from one to the other.

### 3:20 Finish

#### Booster Button Two

Introduce more interval sessions into your schedule to make you even more fleet of foot. Do the following session every Saturday when your run is at a steady pace, and also before every strength session: five lots of 200m hard, with two-minute walk recoveries, followed by five sets of 400m hard, with two-minute walk recoveries.



MARATHON  
PLAN  
GENERATOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	15 min walk, 30 min easy run	Strength day (30 min). See p49 and <a href="http://runnersworld.co.uk/strengthtrainingmoves">runnersworld.co.uk/strengthtrainingmoves</a>	10 min easy run, 30 min tempo run, 10 min easy run = 50min	15 min easy run, then 5x800m hard, with 3 min jog recoveries.	Rest day	10 min easy run, then 1 min hard run, 3 min easy run x 5, 10 min easy run = 40min	1 hr easy run
WEEK 2	30 min walk, 45 min easy run	Strength day	10 min easy run, 30min tempo run, 10 min easy run = 50min	15 min easy run, then 5x800m hard, with 3 min jog recoveries	Rest day	10 min easy run, then 1 min hard run, 3 min easy run x 5, 10 min easy run = 40 min	75 min easy run
WEEK 3	15 min walk, 15 min easy run	20 min easy hill run, 20x1 min hill runs, 2 min walk-down, 10 min easy hill run	Strength day	15 min easy run, then 6x800m hard, with 3 min jog recoveries.	45 min tempo run	45 min easy run	90 min steady run
WEEK 4	15 min walk, 15 min easy run	20 min easy hill run, 20x1 min hill runs, 2 min walk-down, 10 min easy	Strength day	15 min easy run, then 6x800m hard, with 3 min jog recoveries.	45 min tempo run	45 min easy run	90 min steady run
WEEK 5	15 min walk, 15 min easy run	20 min easy hill run, 20x1 min runs, 2 min walk-down, 10 min easy	Strength day	15 min easy run, then 6x800m hard, with 3 min jog recoveries.	Rest day	45 min easy run	2 hr run (60 min steady, 60 min race pace)
WEEK 6	15 min walk, 20 min easy run	Strength day	20 min easy run, 20 min steady run, 5x1.000m hard, with 3 min easy run	Rest day	15 min easy run, then 8x800m hard, with 3 min jog recoveries	20 min easy run	130 min run (30 minutes race pace, 60 easy pace, 40 race pace)
WEEK 7	Walk 15min, Run 15min easy	Strength day	10 min easy run, then 15 min at marathon pace, 3 min jog rec x 2, 10min easy = 53 min	15 min easy, then 800m hard, 3 min jog rec x 8, then 400m hard, 3 min jog rec x 4	15min easy run, then 5 min fast, 1 min easy x 5, 15 min easy = 60min	Rest day	Race day (half marathon)
WEEK 8	30 min easy run	Strength day	20 min easy run	15 min easy, then 800m hard, 3 min jog rec x 6, 400m hard, 3 min walk rec x 6	15 min easy run	30 min easy run	Race day (10 miles or half marathon)
WEEK 9	30 min easy run	Strength day	15 min easy, 40 min run at race pace, 15 min easy run = 70min	15 min easy, then 800m hard, 3 min jog rec x 4, 400m hard, 3 min walk rec x 6	15 min easy run, then 6 min fast, 2 min easy x 4, 15 min easy = 70min	30 min easy run	180 min easy run
WEEK 10	15 min walk, 25 min easy run	Strength day	5 min easy run, 5 min tempo run, 5 min easy run x 6, 10 min easy run = 70min	15 min easy run, then 800m hard, 3 min jog rec x 4, 400m hard, 3 min walk rec x 4	Rest day	30 min easy run	2 hr easy run
WEEK 11	Rest or 25 min easy run	Strength day	15 min easy run, 40 min run at race pace, 15 min easy run = 70min	15 min easy run, then 800m hard, 3 min jog rec x 3, 400m hard, 3 min walk rec x 3	30 min easy run	Rest day	1 hr easy run
WEEK 12	40 min easy run	Rest day	10 min easy run, 1 mile at race pace, 10 min easy, 1 mile at race pace, 10 min easy	Rest day	30 min easy run	30 min easy run	Marathon day