

## CANTERBURY HARRIERS LONDON MARATHON 2010 PROGRAMME

**THE 2010 MARATHON WILL TAKE PLACE ON SUNDAY 25th APRIL. THIS IS A 16 WEEK PROGRAMME STARTING ON 04/01/10 WHICH BUILDS UP FROM A BASE WEEKLY MILEAGE OF APPROXIMATELY 25 MILES TO A MAXIMUM OF APPROXIMATELY 60 MILES. AS WITH ALL CONVENTIONAL MARATHON PROGRAMMES THERE IS A “TAPERING DOWN” PERIOD DURING THE FINAL 3 – 4 WEEKS. AN INTERIM “RECOVERY” WEEK JUST AFTER MID PROGRAMME STAGE IS ALSO BUILT IN.**

### NOTES

- 1) The programme assumes a good basic level of running fitness to club standard. Adjust accordingly if this is not the case or if you are returning from injury.**
- 2) All sessions and distances are *OPTIMUM*. Don't worry if you are not able to achieve all of the objectives but as a priority try to do as many as possible of the long weekend runs and targeted long distance races.**
- 3) If you have difficulty fitting in the mileage during the week try doing 4-5 miles *easy* in the morning additionally on club session days (ie Tues/Thurs).**
- 4) The programme is structured around various XC events , local distance races and training session locations in the city used by the club. There are three specific target races included in the programme. Note that all club runs on Thursday are minimum five miles. Routes can be adapted or lengthened to allow for higher miles if programmed.**
- 5) The club coaches depending on the level of interest will try to organise long Sunday morning group runs as part of the programme. If you are interested in running as part of a Sunday morning group please speak to one of the club coaches as early as possible in the programme. These runs are usually centred around Blean Woods.**
- 6) The long weekend runs are primarily off road and routes should involve mixed terrain and gradients. Generally try to do as much off road training as possible throughout the programme. This type of training delivers a number of significant extra benefits such as enhanced upper body conditioning , less wear and tear on legs ( thus less scope for over - use injuries) and not least clearer air.**
- 7) Try to fit in a basic head to toe stretch /mobilising routine each day ( over and above the normal pre and post training stretch routine). As with any intensified training programme consider also doing a couple of low key weight sessions of 15 – 20 mins duration per week using light free weights for upper body conditioning and strengthening. For further advice on these routines please speak to any of the club coaches.**

8) If you are tired , suffering from cold or flu symptoms, have an injury niggle or just feel out of sorts *miss out on the run or session – in a programme of this length missing out on a few runs or sessions will not undermine your overall race preparation.*

9) Right from the start of the programme you should drink significantly more water both as a daily routine and specifically on long runs. Drink considerably more water than normal on each of the four days before the race.

10) Pay attention to diet needs. Throughout the programme and particularly after long runs and endurance races eat more than usual and ensure a good intake of vitamins preferably via fruit and vegetables. From Wednesday onwards in race week try to eat at least one relatively large high carbohydrate meal (pasta etc) each day including one on the evening before the race.

**PLEASE NOTE IN PARTICULAR**

A) *EASY* means *EASY* , *STEADY* means *SUSTAINED BUT COMFORTABLE* , *BRISK* means *SUSTAINED WITH EFFORT AT JUST BELOW (SLOWER THAN) NOTIONAL 10K RACE PACE WITH AN EASING DOWN TO JOGGING PACE IN THE FINAL 100- 200 METRES. “FARTLEK” IS EASY RUNNING WITH INTERMITTENT SPEED BURSTS OF BETWEEN 10 AND 60 SECONDS.*

B) *ALL DISTANCES ARE IN MILES UNLESS STATED OTHERWISE.*

C) It is important when doing club sessions that individuals train at their own optimum pace.

D) There are no short cuts in marathon preparation even for experienced marathon runners. If you want to do yourself justice in the race you have got to do justice to the programme you are following.

E) REST means REST.

**IF YOU HAVE ANY QUERIES OR COMMENTS ABOUT THE PROGRAMME OR NEED GENERAL ADVICE ON MARATHON PREPARATION SPEAK TO ANY OF THE CLUB COACHES**

Gerry Reilly

20th December 2009

|                   |                 |  |
|-------------------|-----------------|--|
| <b>W/C 4/1/10</b> | <b>MON 4/1</b>  | <b>REST</b>                                      |
|                   | <b>TUE 5/1</b>  | <b>7 MILES EASY (LAST MILE BRISK)</b>            |
|                   | <b>WED 6/1</b>  | <b>REST</b>                                      |
|                   | <b>THU 7/1</b>  | <b>6 MILES STEADY</b>                            |
|                   | <b>FRI 8/1</b>  | <b>5 MILES EASY(PM) (LAST MILE BRISK)</b>        |
|                   | <b>SAT 9/1</b>  | <b>REST</b>                                      |
|                   | <b>SUN 10/1</b> | <b>KFL*MINNIS BAY + 1M WARM UP&amp;WARM DOWN</b> |

***WEEK 1 = 25 MILES APPROX***

***\* KFL = Kent Fitness League XC***

|                    |                 |  |
|--------------------|-----------------|--|
| <b>W/C 11/1/10</b> | <b>MON 11/1</b> | <b>REST</b>  |
|                    | <b>TUE 12/1</b> | <b>8 X LONG HILLS (ELIOT COLLEGE)<br/>1M WU / 2M WD</b>              |
|                    | <b>WED 13/1</b> | <b>REST</b>  |
|                    | <b>THU 14/1</b> | <b>7 MILES EASY (LAST MILE BRISK)</b>                                |
|                    | <b>FRI 15/1</b> | <b>5 MILES EASY (PM)</b>   |
|                    | <b>SAT 16/1</b> | <b>REST</b>  |
|                    | <b>SUN 17/1</b> | <b>DARTFORD 10 MILE + 1M WU&amp;WD<br/>or 100 MINS EASY OFF ROAD</b> |

***WEEK 2 =32 MILES APPROX***

|                    |            |             |  |
|--------------------|------------|-------------|--|
| <b>W/C 18/1/10</b> | <b>MON</b> | <b>18/1</b> | <b>REST</b>  |
|                    | <b>TUE</b> | <b>19/1</b> | <b>8 MILES EASY (LAST MILE BRISK)</b>  |
|                    | <b>WED</b> | <b>20/1</b> | <b>8 X 800M (TRACK – 400M JOG RECS) or<br/>8 X 800 WINCHEAP WITH 2 MIN RECS (PM)</b> |
|                    | <b>THU</b> | <b>21/1</b> | <b>6 MILES EASY (LAST MILE BRISK)</b>  |
|                    | <b>FRI</b> | <b>22/1</b> | <b>6 MILES EASY (PM)</b>   |
|                    | <b>SAT</b> | <b>23/1</b> | <b>REST</b>  |
|                    | <b>SUN</b> | <b>24/1</b> | <b>KFL FOWLMEAD (DEAL) + 1M WU &amp; WD</b>  |

*WEEK 3 = 32 MILES APPROX*

|                    |            |             |   |
|--------------------|------------|-------------|---|
| <b>W/C 25/1/10</b> | <b>MON</b> | <b>25/1</b> | <b>REST</b>   |
|                    | <b>TUE</b> | <b>26/1</b> | <b>8 X 1000M ST STEPHENS - 2 MIN RECS<br/>+ 1M WU &amp; 2M WD</b> |
|                    | <b>WED</b> | <b>27/1</b> | <b>6 MILES EASY (LAST MILE BRISK) (PM)</b>                        |
|                    | <b>THU</b> | <b>28/1</b> | <b>6 MILES EASY (LAST MILE BRISK)</b>                             |
|                    | <b>FRI</b> | <b>29/1</b> | <b>5 MILES FARTLEK (PM)</b>                                       |
|                    | <b>SAT</b> | <b>30/1</b> | <b>REST</b>   |
|                    | <b>SUN</b> | <b>31/1</b> | <b>* CANTERBURY 10 = <u>TARGET RACE</u><br/>+ 1M WU &amp; WD</b>  |

*WEEK 4 = 37 MILES APPROX*

|                   |            |            |  |
|-------------------|------------|------------|--|
| <b>W/C 1/2/10</b> | <b>MON</b> | <b>1/2</b> | <b>REST</b>  |
|                   | <b>TUE</b> | <b>2/2</b> | <b>7 MILES EASY(LAST MILE BRISK)</b>                               |
|                   | <b>WED</b> | <b>3/2</b> | <b>8 MILES EASY (PM)</b>   |
|                   | <b>THU</b> | <b>4/2</b> | <b>7 MILES STEADY</b>  |
|                   | <b>FRI</b> | <b>5/2</b> | <b>8 MILES EASY (PM)</b>   |
|                   | <b>SAT</b> | <b>6/2</b> | <b>REST</b>  |
|                   | <b>SUN</b> | <b>7/2</b> | <b>ASHFORD 10K + 1M WU &amp; WD<br/>or 80 MINS O/R EASY/STEADY</b> |

***WEEK 5 = 38 MILES APPROX***

|                   |            |             |  |
|-------------------|------------|-------------|--|
| <b>W/C 8/2/10</b> | <b>MON</b> | <b>8/2</b>  | <b>REST</b>  |
|                   | <b>TUE</b> | <b>9/2</b>  | <b>8 X 1000M ST.STEPHENS (90 SEC RECS)<br/>+ 1M WU &amp; 2M WD</b>                 |
|                   | <b>WED</b> | <b>10/2</b> | <b>10 X 800M TRACK (400M JOG RECS) or<br/>10 X 800M WINCHEAP (2 MIN RECS) (PM)</b> |
|                   | <b>THU</b> | <b>11/2</b> | <b>8 MILES EASY – LAST 2 MILES STEADY</b>  |
|                   | <b>FRI</b> | <b>12/2</b> | <b>6 MILES EASY (PM)</b>   |
|                   | <b>SAT</b> | <b>13/2</b> | <b>REST</b>  |
|                   | <b>SUN</b> | <b>14/2</b> | <b>DOVER HALF MARATHON + 1M WU &amp; WD<br/>or 120 MINS EASY (O/R)</b>             |

***WEEK 6 = 44 MILES APPROX***

**W/C 15/2/10 MON 15/2 REST**

**TUE 16/2 2 X 6 X 400M WINCHEAP (90 SEC RECS – 3 MIN  
REC BETWEEN SETS) + 1M WU & 2M WD**

**WED 17/2 10 MILES EASY (PM)**

**THU 18/2 10 MILES EASY (LAST 2M STEADY)**

**FRI 19/2 10 MILES EASY (PM)**

**SAT 20/2 REST**

**SUN 21/2 KFL SEVENOAKS (KNOLE PARK)  
+ 1M WU & WD**

***WEEK 7 = 44 MILES APPROX***

**W/C 22/2/10 MON 22/2 REST**

**TUE 23/2 10 X ELIOT HILLS + 1M WU & 2M WD**

**WED 24/2 10 MILES EASY (LAST MILE BRISK) (PM)**

**THU 25/2 8 MILES EASY (LAST 2M STEADY)**

**FRI 26/2 5 MILES EASY**

**SAT 27/2 REST**

**SUN 28/2 120 MINS EASY (OFF ROAD)**

***WEEK 8 = 44 MILES APPROX***

|            |     |     |  |
|------------|-----|-----|--|
| W/C 1/3/10 | MON | 1/3 | REST   |
|            | TUE | 2/3 | 8 X 800M WINCHEAP (2 MIN RECS)<br>+ 1M W/UP & 2M W/D       |
|            | WED | 3/3 | 10 MILES EASY (LAST MILE BRISK) (PM)                       |
|            | THU | 4/3 | 8 MILES EASY (LAST 2M STEADY)                              |
|            | FRI | 5/3 | 8 MILES EASY (PM)  |
|            | SAT | 6/3 | REST   |
|            | SUN | 7/3 | * THANET 20 = <u>TARGET RACE</u><br>OR 180 MINS EASY (O/R) |

*WEEK 9 = 53 MILES APPROX*

|            |     |      |  |
|------------|-----|------|--|
| W/C 8/3/10 | MON | 8/3  | REST * <u>RECOVERY WEEK</u> *                                |
|            | TUE | 9/3  | 6 X 1000M REPS ST STEPHENS (90 SECS RECS)<br>+ 1M WU & 2M WD |
|            | WED | 10/3 | REST   |
|            | THU | 11/3 | 6 MILES EASY (LAST MILE BRISK)                               |
|            | FRI | 12/3 | 5 MILES FARTLEK (PM)   |
|            | SAT | 13/3 | REST   |
|            | SUN | 14/3 | 80 MINS EASY (O/R)   |

*WEEK 10 = 25 MILES APPROX*

**W/C 15/3/10 MON 15/3 REST**  
**TUE 16/3 8 MILES EASY (LAST MILE BRISK)**  
**WED 17/3 10 MILES EASY (PM)**  
**THU 18/3 8 MILES EASY (LAST MILE BRISK)**  
**FRI 19/3 10 MILES EASY (PM)**  
**SAT 20/3 6 MILES EASY**  
**SUN 21/3 120 MINS EASY (O/R)**

***WEEK 11 = 55 MILES APPROX***

**W/C 22/3/10 MON 22/3 REST**  
**TUE 23/3 2 X SETS X 8 X 400M WINCHEAP  
60 SECS RECS + 3 MIN REC BETWEEN  
SETS + 1M WU & 2M WD**  
**WED 24/3 10 MILES EASY (PM)**  
**THU 25/3 8 MILES EASY (LAST MILE BRISK)**  
**FRI 26/3 10 MILES EASY (PM)**  
**SAT 27/3 8 MILES EASY (PM)**  
**SUN 28/3 180 MINS EASY (O/R)**

***WEEK 12 = 60 MILES APPROX***



**W/C 12/4/10**    **MON 12/4 REST**  
**TUE 13/4 6 MILES EASY ( LAST MILE BRISK)**  
**WED 14/4 REST**  
**THU 15/4 6 MILES EASY( LAST MILE BRISK)**  
**FRI 16/4 30 MINS FARTLEK O/R (PM)**  
**SAT 17/4 REST**  
**SUN 18/4 DARENT VALLEY 10K or 6 MILES BRISK**

***WEEK 15 = 24 MILES APPROX***

**W/C 19/4/10**    **MON 19/4 REST**  
**TUE 20/4 6 MILES EASY (LAST MILE BRISK)**  
**WED 21/4 REST**  
**THU 22/4 6 MILES EASY (LAST MILE BRISK)**  
**FRI 23/4 REST**  
**SAT 24/4 REST**  
**SUN 25/4 LONDON MARATHON**