

## **CANTERBURY HARRIERS LONDON MARATHON 2007 PROGRAMME**

**THE 2007 MARATHON WILL TAKE PLACE ON SUNDAY 22nd APRIL. THIS IS A 16 WEEK PROGRAMME STARTING ON 1 / 1 / 07 WHICH BUILDS UP FROM A BASE WEEKLY MILEAGE OF APPROXIMATELY 27 MILES TO A MAXIMUM OF APPROXIMATELY 60 MILES. AS WITH ALL MARATHON PROGRAMMES THERE IS A “TAPERING DOWN” PERIOD DURING THE FINAL 3 – 4 WEEKS.**

### **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 local training session locations 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 are planning to organise long Sunday morning group runs as part of the programme. If you are interested in joining the 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 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 METRES.***

**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 SPEAK TO MYSELF STEVE CLARK OR CAROL REID**

**Gerry Reilly**

**19<sup>th</sup> December 2006**

<b>W/C 1/1/07</b>	<b>MON 1/1</b>	<b>REST</b>
	<b>TUE 2/1</b>	<b>7 MILES EASY (LAST MILE BRISK)</b>
	<b>WED 3/1</b>	<b>REST</b>
	<b>THU 4/1</b>	<b>7 MILES EASY</b>
	<b>FRI 5/1</b>	<b>5 MILES EASY(PM) (LAST MILE BRISK)</b>
	<b>SAT 6/1</b>	<b>REST</b>
	<b>SUN 7/1</b>	<b>70 MINS STEADY (OFF ROAD)</b>

***WEEK 1 = 27 MILES APPROX***

<b>W/C 8/1/07</b>	<b>MON 8/1</b>	<b>REST</b>
	<b>TUE 9/1</b>	<b>8 X LONG HILLS (ELIOT COLLEGE) 1 MILE WARM UP / 2 MILE WARM DOWN</b>
	<b>WED 10/1</b>	<b>5 MILES EASY (PM)</b>
	<b>THU 11/1</b>	<b>7 MILES EASY (LAST MILE BRISK)</b>
	<b>FRI 12/1</b>	<b>6 MILES EASY PM</b>
	<b>SAT 13/1</b>	<b>REST</b>
	<b>SUN 14/1</b>	<b>MINNIS BAY XC + 1M WU &amp; 2M WD</b>

***WEEK 2 = 33 MILES APPROX***

<b>W/C 15/1/07</b>	<b>MON</b>	<b>15/1</b>	<b>REST</b>
	<b>TUE</b>	<b>16/1</b>	<b>8 MILES EASY (LAST MILE BRISK)</b>
	<b>WED</b>	<b>17/1</b>	<b>8 X 800M (TRACK – 400M JOG RECS) OR 8 X 800 WINCHEAP WITH 2 MIN REC`S (PM)</b>
	<b>THU</b>	<b>18/1</b>	<b>8 MILES EASY (LAST MILE BRISK)</b>
	<b>FRI</b>	<b>19/1</b>	<b>4 MILES EASY (PM)</b>
	<b>SAT</b>	<b>20/1</b>	<b>REST</b>
	<b>SUN</b>	<b>21/1</b>	<b>DARTFORD 10 MILE + 1m WU &amp; WD or 90 MINS EASY (O/R)</b>

***WEEK 3 = 35 MILES APPROX***

<b>W/C 22/1/07</b>	<b>MON</b>	<b>22/1</b>	<b>REST</b>
	<b>TUE</b>	<b>23/1</b>	<b>8 X 1000M ST STEPHENS - 2 MIN RECOVERIES + 1M W/UP &amp; 2M W/D</b>
	<b>WED</b>	<b>24/1</b>	<b>8 MILES EASY (LAST MILE BRISK) (pm)</b>
	<b>THU</b>	<b>25/1</b>	<b>8 MILES HILLY / STEADY</b>
	<b>FRI</b>	<b>26/1</b>	<b>REST</b>
	<b>SAT</b>	<b>27/1</b>	<b>REST</b>
	<b>SUN</b>	<b>28/1</b>	<b>CANTERBURY 10M(* TARGET RACE*) +1M WU&amp;WD OR 100 MINS EASY (O/R)</b>

***WEEK 4 = 35 MILES APPROX***

<b>W/C 29/1/07</b>	<b>MON 29/1</b>	<b>REST</b>
	<b>TUE 30/1</b>	<b>7 MILES EASY</b>
	<b>WED 31/1</b>	<b>8 MILES EASY (LAST MILE BRISK) (PM)</b>
	<b>THU 1/2</b>	<b>8 MILES STEADY</b>
	<b>FRI 2/2</b>	<b>8 MILES EASY (PM)</b>
	<b>SAT 3/2</b>	<b>REST</b>
	<b>SUN 4/2</b>	<b>100 MINS EASY (O/R)</b>

***WEEK 5 = 42 MILES APPROX***

<b>W/C 5/2/07</b>	<b>MON 5/2</b>	<b>REST</b>
	<b>TUE 6/2</b>	<b>8 X 1000M ST.STEPHENS (90 SEC RECS) + 1M W/UP &amp; 2M W/D</b>
	<b>WED 7/2</b>	<b>10 X 800M TRACK (400M JOG RECS) OR 10 X 800M WINCHEAP (2 MIN RECS) PM</b>
	<b>THU 8/2</b>	<b>8 MILES EASY – LAST 2 MILES STEADY</b>
	<b>FRI 9/2</b>	<b>6 MILES EASY (pm)</b>
	<b>SAT 10/2</b>	<b>REST</b>
	<b>SUN 11/2</b>	<b>DOVER HALF MARATHON + 1M W/UP &amp; W/D OR 120 MINS (O/R)</b>

***WEEK 6 = 42 MILES APPROX***

**W/C 12/2/07 MON 12/2 REST**

**TUE 13/2 2 X 6 X 400M WINCHEAP (90 SEC RECS – 3 MIN  
REC BETWEEN SETS) + 1M W/UP & 2M W/D**

**WED 14/2 10 MILES EASY PM**

**THU 15/2 10 MILES STEADY**

**FRI 16/2 10 MILES EASY PM**

**SAT 17/2 REST**

**SUN 18/2 OXLEAS WOOD XC + 1M W/U & W/D or  
ASHFORD 10K + 1M W/U & W/D**

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

**W/C 19/2/07 MON 19/2 REST**

**TUE 20/2 10 X ELIOT HILLS + 1M W/UP & 2M W/D**

**WED 21/2 10 MILES EASY (LAST MILE BRISK) (pm)**

**THU 22/2 10 MILES STEADY**

**FRI 23/2 10 MILES EASY (pm)**

**SAT 24/2 REST**

**SUN 25/2 CAPSTONE PARK XC + 1M W/U & W/D**

***WEEK 8 = 46 MILES APPROX***

**W/C 26/2/07 MON 26/2 REST**

**TUE 27/2 8 X 800M WINCHEAP (2 MIN RECS)  
+ 1M W/UP & 2M W/D**

**WED 28/2 10 MILES EASY (LAST MILE BRISK) PM**

**THU 1/3 8 MILES STEADY**

**FRI 2/3 8 MILES EASY PM**

**SAT 3/3 REST**

**SUN 4/3 THANET 20 ( \* TARGET RACE \*)  
OR 180 MINS EASY (O/R)**

***WEEK 9 = 53 MILES APPROX***

**W/C 5/3/07 MON 5/3 REST**

**TUE 6/3 8 X 1000M REPS ST STEPHENS (90 SECS RECS)  
+ 1M W/UP & 2M W/D**

**WED 7/3 4 MILES BRISK PM**

**THU 8/3 8 MILES EASY**

**FRI 9/3 10 MILES EASY PM**

**SAT 10/3 REST**

**SUN 11/3 HASTINGS HALF + 1M W/UP& 1M W/D  
OR 150 MINS EASY OFF ROAD**

***WEEK 10 = 44 MILES APPROX***

**W/C 12/3/07 MON 12/3 REST**

**TUE 13/3 8 MILES EASY (LAST MILE BRISK)**

**WED 14/3 10 MILES EASY PM**

**THU 15/3 10 MILES EASY PM**

**FRI 16/3 10 MILES EASY PM**

**SAT 17/3 5 MILES EASY**

**SUN 18/3 180 MINS EASY (O/R)**

***WEEK 11 = 60 MILES APPROX***

**W/C 19/3/07 MON 19/3 REST**

**TUE 20/3 2 X SETS X 8 X 400M WINCHEAP  
60 SECS RECS + 3 MIN REC BETWEEN  
SETS + 1M W/UP & 2M W/D**

**WED 21/3 12 MILES EASY PM**

**THU 22/3 8 MILES STEADY (LAST MILE BRISK)**

**FRI 23/3 12 MILES EASY PM**

**SAT 24/3 4 MILES EASY**

**SUN 25/3 180 MINS EASY (O/R)**

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



**W/C 26/3/07   MON   26/3   REST   \* START TAPER DOWN \***

**TUE   27/3   6 MILES EASY (LAST MILE BRISK)**

**WED   28/3   6 X 1 MILE REPS TRACK ( 2 MINS RECS)  
OR 10 X 800 WINCHEAP (2 MIN RECS)  
+ 1M W/UP & W/D PM**

**THU   29/3   6 MILES EASY(LAST MILE BRISK)**

**FRI   30/3   4 MILES FARTLEK PM**

**SAT   31/3   REST**

**SUN   1/4   PADDOCK WOOD HALF (\*TARGET RACE\*)  
+ 1M WU & WD**

***WEEK 13 = 37 MILES APPROX***

**W/C 2/4/07   MON   2/4   REST**

**TUE   3/4   10 X 400M WINCHEAP (90 SECS RECS)  
+ 1M W/UP & 2M W/D**

**WED   4/4   REST**

**THU   5/4   6 MILES STEADY**

**FRI   6/4   6 MILES EASY (LAST MILE BRISK) PM**

**SAT   7/4   REST**

**SUN   8/4   50 MINS FARTLEK OFF ROAD or DARENTH  
VALLEY 10K + 1M W/UP& WD \*(prov date)**

***WEEK 14 = 26 MILES APPROX***

**W/C 9/4/07    MON    9/4    REST**

**TUE    10/4    7 MILES STEADY**

**WED    11/4    REST**

**THU    12/4    8 MILES EASY( LAST MILE BRISK)**

**FRI    13/4    REST**

**SAT    14/4    REST**

**SUN    15/4    5 MILES BRISK**

***WEEK 15 = 20 MILES APPROX***

**W/C 17/4/05    MON    16/4    REST**

**TUE    17/4    5 MILES EASY (LAST MILE BRISK)**

**WED    18/4    REST**

**THU    19/4    5 MILES EASY (LAST MILE BRISK)**

**FRI    20/4    REST**

**SAT    21/4    REST**

**SUN    22/4    LONDON MARATHON**