

## **CANTERBURY HARRIERS LONDON MARATHON 2008 PROGRAMME**

**THE 2008 MARATHON WILL TAKE PLACE ON SUNDAY 13th APRIL. THIS IS A 15 WEEK PROGRAMME STARTING ON 31 / 12 / 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 depending on the level of interest 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 OR NEED GENERAL ADVICE ON MARATHON PREPARATION SPEAK TO ANY OF THE CLUB COACHES**

**Gerry Reilly**

**15th December 2007**

**W/C 31/12/07**   **MON 31/1**   **REST**

**TUE 1/1**   **7 MILES EASY (LAST MILE BRISK)**

**WED 2/1**   **REST**

**THU 3/1**   **7 MILES EASY**

**FRI 4/1**   **5 MILES EASY(PM) (LAST MILE BRISK)**

**SAT 5/1**   **REST**

**SUN 6/1**   **80 MINS STEADY (OFF ROAD)**

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

**W/C 7/1/08**   **MON 7/1**   **REST**

**TUE 8/1**   **8 X LONG HILLS (ELIOT COLLEGE)**  
**1 MILE WARM UP / 2 MILE WARM DOWN**

**WED 9/1**   **5 MILES EASY (PM)**

**THU 10/1**   **8 MILES EASY (LAST MILE BRISK)**

**FRI 11/1**   **6 MILES EASY (PM)**

**SAT 12/1 REST**

**SUN 13/1 MINNIS BAY XC + 1M WU & 2M WD**

***WEEK 2 = 34 MILES APPROX***

**W/C 14/1/08 MON 14/1 REST**

**TUE 15/1 8 MILES EASY (LAST MILE BRISK)**

**WED 16/1 8 X 800M (TRACK – 400M JOG RECS) OR  
8 X 800 WINCHEAP WITH 2 MIN REC`S (PM)**

**THU 17/1 8 MILES EASY (LAST MILE BRISK)**

**FRI 18/1 4 MILES EASY (PM)**

**SAT 19/1 REST**

**SUN 20/1 DARTFORD 10 MILE + 1m WU & WD  
or 100 MINS EASY (O/R)**

***WEEK 3 = 37 MILES APPROX***

**W/C 21/1/08 MON 21/1 REST**

**TUE 22/1 8 X 1000M ST STEPHENS - 2 MIN RECOVERIES  
+ 1M W/UP & 2M W/D**

**WED 23/1 8 MILES EASY (LAST MILE BRISK) (pm)**

THU 24/1 8 MILES HILLY / STEADY  
FRI 25/1 REST  
SAT 26/1 REST  
SUN 27/1 CANTERBURY 10M \* TARGET RACE\*  
+1M WU&WD OR 100 MINS EASY (O/R)

*WEEK 4 = 37 MILES APPROX*

W/C 28/1/08 MON 28/1 REST  
TUE 29/1 7 MILES EASY  
WED 30/1 8 MILES EASY (LAST MILE BRISK) (PM)  
THU 31/1 8 MILES STEADY  
FRI 1/2 8 MILES EASY (PM)  
SAT 2/2 REST  
SUN 3/2 100 MINS EASY (O/R) or KFL OXLEAS  
+ 1M W/UP & 2M W/D

*WEEK 5 = 40 MILES APPROX*

W/C 4/2/08 MON 4/2 REST

**TUE 5/2 8 X 1000M ST.STEPHENS (90 SEC RECS)  
 + 1M W/UP & 2M W/D**

**WED 6/2 10 X 800M TRACK (400M JOG RECS) OR  
 10 X 800M WINCHEAP (2 MIN RECS) PM**

**THU 7/2 8 MILES EASY – LAST 2 MILES STEADY**

**FRI 8/2 6 MILES EASY (pm)**

**SAT 9/2 REST**

**SUN 10/2 DOVER HALF MARATHON + 1M W/UP & W/D  
 OR 120 MINS EASY (O/R)**

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

**W/C 11/2/08 MON 11/2 REST**

**TUE 12/2 2 X 6 X 400M WINCHEAP (90 SEC RECS – 3 MIN  
 REC BETWEEN SETS) + 1M W/UP & 2M W/D**

**WED 13/2 10 MILES EASY PM**

**THU 14/2 8 MILES STEADY**

**FRI 15/2 10 MILES EASY PM**

**SAT 16/2 REST**

**SUN 17/2 ASHFORD 10K + 1M W/U & W/D  
 OR 70 MINS (O/R) STEADY -LAST MILE BRISK**

***WEEK 7 = 42 MILES APPROX***

**W/C 18/2/08 MON 18/2 REST**

**TUE 19/2 10 X ELIOT HILLS + 1M W/UP & 2M W/D**

**WED 20/2 10 MILES EASY (LAST MILE BRISK) (pm)**

**THU 21/2 8 MILES STEADY**

**FRI 22/2 10 MILES EASY (pm)**

**SAT 23/2 REST**

**SUN 24/2 TUNBRIDGE WELLS HALF OR 120 Mins  
EASY (O/R)**

***WEEK 8 = 48 MILES APPROX***

**W/C 25/2/08 MON 25/2 REST**

**TUE 26/2 8 X 800M WINCHEAP (2 MIN RECS)  
+ 1M W/UP & 2M W/D**

**WED 27/2 10 MILES EASY (LAST MILE BRISK) PM**

**THU 28/2 8 MILES STEADY**

**FRI 29/2 8 MILES EASY PM**

**SAT 1/3 REST**

**SUN 2/3 THANET 20 \* TARGET RACE \*  
OR 180 MINS EASY (O/R)**

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

**W/C 3/3/08 MON 3/3 REST \* RECOVERY WEEK \***  
**TUE 4/3 6 X 1000M REPS ST STEPHENS (90 SECS RECS)**  
**+ 1M W/UP & 2M W/D**  
**WED 5/3 4 MILES BRISK PM**  
**THU 6/3 6 MILES EASY**  
**FRI 7/3 8 MILES EASY PM**  
**SAT 8/3 REST**  
**SUN 9/3 LYDD HALF + 1M W/UP& 1M W/D**  
**OR 150 MINS EASY (O/R)**

***WEEK 10 = 40 MILES APPROX***

**W/C 10/3/08 MON 10/3 REST**  
**TUE 11/3 8 MILES EASY (LAST MILE BRISK)**  
**WED 12/3 10 MILES EASY PM**  
**THU 13/3 10 MILES EASY PM**  
**FRI 14/3 10 MILES EASY PM**  
**SAT 15/3 6 MILES EASY**  
**SUN 16/3 180 MINS EASY (O/R) or HASTINGS HALF**  
**+ 1M W/UP & 2M WD**

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



**W/C 17/3/08 MON 17/3 REST**  
  
**TUE 18/3 2 X SETS X 8 X 400M WINCHEAP  
60 SECS RECS + 3 MIN REC BETWEEN  
SETS + 1M W/UP & 2M W/D**  
  
**WED 19/3 10 MILES EASY PM**  
  
**THU 20/3 8 MILES STEADY (LAST MILE BRISK)**  
  
**FRI 21/3 10 MILES EASY PM**  
  
**SAT 22/3 8 MILES EASY**  
  
**SUN 23/3 180 MINS EASY (O/R)**

*WEEK 12 = 60 MILES APPROX*

**W/C 24/3/08 MON 24/3 REST \* START TAPER DOWN \***  
  
**TUE 25/3 6 MILES EASY (LAST MILE BRISK)**  
  
**WED 26/3 6 X 1 MILE REPS TRACK ( 2 MINS RECS)  
OR 10 X 800 WINCHEAP (2 MIN RECS)  
+ 1M W/UP & W/D PM**  
  
**THU 27/3 6 MILES EASY(LAST MILE BRISK)**  
  
**FRI 28/3 4 MILES FARTLEK PM**  
  
**SAT 29/3 REST**

SUN 30/3 PADDOCK WOOD HALF \*TARGET RACE\*  
+ 1M WU & 1M WD

*WEEK 13 = 39 MILES APPROX*

W/C 31/3/08 MON 31/3 REST

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

WED 2/4 REST

THU 3/4 6 MILES STEADY

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

SAT 5/4 REST

SUN 6/4 50 MINS FARTLEK OFF ROAD or DARENTH  
VALLEY 10K + 1M W/U & WD

*WEEK 14 = 26 MILES APPROX*

W/C 7/4/08 MON 7/4 REST

TUE 8/4 5 MILES EASY ( LAST MILE BRISK)

WED 9/4 REST

THU 10/4 5 MILES EASY( LAST MILE BRISK)

FRI 11/4 REST

**SAT 12/4 REST**

**SUN 13/4 LONDON MARATHON**

***WEEK 15 = WELL DONE !!***