

CANTERBURY HARRIERS LONDON MARATHON 2009 PROGRAMME

THE 2009 MARATHON WILL TAKE PLACE ON SUNDAY 26th APRIL. THIS IS A 16 WEEK PROGRAMME STARTING ON 05/01/09 WHICH BUILDS UP FROM A BASE WEEKLY MILEAGE OF APPROXIMATELY 25 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. A “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 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 will help 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. Additionally the club forum can be used to arrange training individual partners for weekday and weekend runs.**
- 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

18th December 2008

W/C 5/1/09	MON 5/1	REST
	TUE 6/1	7 MILES EASY (LAST MILE BRISK)
	WED 7/1	REST
	THU 8/1	6 MILES EASY
	FRI 9/1	5 MILES EASY(PM) (LAST MILE BRISK)
	SAT 10/1	REST
	SUN 11/1	KFL MINNIS BAY + 1M WARM UP /WARM DOWN

WEEK 1 = 25 MILES APPROX

W/C 12/1/09	MON 12/1	REST
	TUE 13/1	8 X LONG HILLS (ELIOT COLLEGE) 1 MILE WARM UP / 2 MILE WARM DOWN
	WED 14/1	5 MILES EASY (PM)
	THU 15/1	6 MILES EASY (LAST MILE BRISK)
	FRI 16/1	4 MILES EASY (PM)
	SAT 17/1	REST
	SUN 18/1	DARTFORD 10 MILE + 1M WU/WD or 100 MINS EASY OFF ROAD

WEEK 2 =34 MILES APPROX

W/C 19/1/09	MON	19/1	REST
	TUE	20/1	7 MILES EASY (LAST MILE BRISK)
	WED	21/1	8 X 800M (TRACK – 400M JOG RECS) or 8 X 800 WINCHEAP WITH 2 MIN REC`S (PM)
	THU	22/1	6 MILES EASY (LAST MILE BRISK)
	FRI	23/1	4 MILES EASY (PM)
	SAT	24/1	REST
	SUN	25/1	CANTERBURY 10 MILE = <u>TARGET RACE</u> + 1M WU&WD or 100 MINS EASY (O/R)

WEEK 3 = 34 MILES APPROX

W/C 26/1/09	MON	26/1	REST
	TUE	27/1	8 X 1000M ST STEPHENS - 2 MIN RECOVERIES + 1M W/UP & 2M W/D
	WED	28/1	6 MILES EASY (LAST MILE BRISK) (PM)
	THU	29/1	7 MILES HILLY / STEADY
	FRI	30/1	5 MILES EASY
	SAT	31/1	REST
	SUN	1/2	KFL SEVENOAKS + 1M WU & 2M WD

WEEK 4 = 34 MILES APPROX

W/C 2/2/09	MON	2/2	REST
	TUE	3/2	7 MILES EASY
	WED	4/2	8 MILES EASY (LAST MILE BRISK) (PM)
	THU	5/2	7 MILES STEADY
	FRI	6/2	8 MILES EASY (PM)
	SAT	7/2	REST
	SUN	8/2	ASHFORD 10K + 1M WU & 1M WD or 80 MINS O/R EASY/STEADY

WEEK 5 = 38 MILES APPROX

W/C 9/2/09	MON	9/2	REST
	TUE	10/2	8 X 1000M ST.STEPHENS (90 SEC RECS) + 1M W/UP & 2M W/D
	WED	11/2	10 X 800M TRACK (400M JOG RECS) or 10 X 800M WINCHEAP (2 MIN RECS) (PM)
	THU	12/2	8 MILES EASY – LAST 2 MILES STEADY
	FRI	13/2	6 MILES EASY (PM)
	SAT	14/2	REST
	SUN	15/2	DOVER HALF MARATHON + 1M W/UP & W/D or 120 MINS EASY (O/R)

WEEK 6 = 43 MILES APPROX

W/C 16/2/09 MON 16/2 REST

**TUE 17/2 2 X 6 X 400M WINCHEAP (90 SEC RECS – 3 MIN
REC BETWEEN SETS) + 1M W/UP & 2M W/D**

WED 18/2 10 MILES EASY (PM)

THU 19/2 8 MILES STEADY

FRI 20/2 10 MILES EASY (PM)

SAT 21/2 REST

SUN 22/2 100 MINS O/R EASY

WEEK 7 = 46 MILES APPROX

W/C 23/2/09 MON 23/2 REST

TUE 24/2 10 X ELIOT HILLS + 1M W/UP & 2M W/D

WED 25/2 10 MILES EASY (LAST MILE BRISK) (PM)

THU 26/2 8 MILES EASY / STEADY

FRI 27/2 REST

SAT 28/2 REST

**SUN 1/3 THANET 20 = TARGET RACE
or 160 MINS EASY O/R**

WEEK 8 = 46 MILES APPROX

W/C 2/3/09 **MON** **2/3** **REST**
 TUE **3/3** **8 X 800M WINCHEAP (2 MIN RECS)**
 + 1M W/UP & 2M W/D
 WED **4/3** **10 MILES EASY (LAST MILE BRISK) (PM)**
 THU **5/3** **8 MILES STEADY**
 FRI **6/3** **8 MILES EASY (PM)**
 SAT **7/3** **REST**
 SUN **8/3** **LYDD HALF MARATHON + 1M**
 W/U & W/D or 120 MINS O/R EASY

WEEK 9 = 47 MILES APPROX

W/C 9/3/09 **MON** **9/3** **REST** *** RECOVERY WEEK ***
 TUE **10/3** **6 X 1000M REPS ST STEPHENS (90 SECS RECS)**
 + 1M W/UP & 2M W/D
 WED **11/3** **4 EASY (PM)**
 THU **12/3** **5 MILES EASY**
 FRI **13/3** **5 MILES FARTLEK (PM)**
 SAT **14/3** **REST**
 SUN **15/3** **80 MINS O/R EASY**

WEEK 10 = 30 MILES APPROX

W/C 16/3/09 MON 16/3 REST

TUE 17/3 8 MILES EASY (LAST MILE BRISK)

WED 18/3 10 MILES EASY (PM)

THU 19/3 8 MILES EASY (PM)

FRI 20/3 10 MILES EASY (PM)

SAT 21/3 6 MILES EASY

SUN 22/3 140 MINS EASY (O/R)

WEEK 11 = 55 MILES APPROX

W/C 23/3/09 MON 23/3 REST

**TUE 24/3 2 X SETS X 8 X 400M WINCHEAP
60 SECS RECS + 3 MIN REC BETWEEN
SETS + 1M W/UP & 2M W/D**

WED 25/3 10 MILES EASY (PM)

THU 26/3 8 MILES EASY (PM)

FRI 27/3 10 MILES EASY (PM)

SAT 28/3 8 MILES EASY

SUN 29/3 180 MINS EASY (O/R)

WEEK 12 = 60 MILES APPROX

W/C 13/4/09 **MON 13/4 REST**
TUE 14/4 7 MILES EASY (LAST MILE BRISK)
WED 15/4 REST
THU 16/4 7 MILES EASY(LAST MILE BRISK)
FRI 17/4 30 MINS FARTLEK O/R (PM)
SAT 18/4 REST
SUN 19/4 HASTINGS 5 MILE * or 5 MILES BRISK

** EARLY ENTRY ADVISED*

WEEK 15 = 23

W/C 20/4/09 **MON 20/4 REST**
TUE 21/4 7 MILES EASY (LAST MILE BRISK)
WED 22/4 REST
THU 23/4 6 MILES EASY (LAST MILE BRISK)
FRI 24/4 REST
SAT 25/4 REST
SUN 26/4 LONDON MARATHON