

QUICK^{AS} THIEVES

2022

MARATHON TRAINING GUIDE

 **THICK^{AS}THIEVES** *Pioneer Dj*

TRAINING NOTES:

- 1 We understand that participants have different schedules and demands therefore Run 2 can be optional. However we strongly recommend running 4 times a week if possible as you will notice a huge benefit on Race Day.
- 2 The most important run each week is your long run. Check out the video coming soon which explains why but if you need to skip a run for any reason, ensure that you get your long run in.
- 3 Strength work is often overlooked however these sessions are just as important as the running itself. These sessions can be as little as 15 minutes, ideally twice a week. Check out the Strength & Conditioning exercise videos coming soon.
- 4 If you are attempting your first half or full marathon, and your goal is just to finish, then there is no need to be doing any interval or speed work, focus on building a strong Aerobic base (conversational pace).

TRAINING GUIDE

* ALL RUNS IN KM ** DW = DOWN WEEK

WEEK STARTING	RUN 1	RUN 2	LONG RUN	RECOVERY RUN	STRENGTH WORK	WEEKLY TOTAL
AUGUST 22	7	8	15	4	CORE / GLUTES / LEGS	34
AUGUST 29	8	9	17	4	CORE / GLUTES / LEGS	38
SEPTEMBER 5	8	10	19	5	CORE / GLUTES / LEGS	42
SEPTEMBER 12	9	11	21	6	CORE / GLUTES / LEGS	47
SEPTEMBER 19 (DW)	4	5	11	3	CORE / GLUTES / LEGS	23
SEPTEMBER 26	9	10	20	5	CORE / GLUTES / LEGS	44
OCTOBER 3	10	11	23	6	CORE / GLUTES / LEGS	50
OCTOBER 10	10	11	26	7	CORE / GLUTES / LEGS	53
OCTOBER 17	10	11	30	7	CORE / GLUTES / LEGS	58
OCTOBER 24 (DW)	5	6	15	4	CORE / GLUTES / LEGS	30
OCTOBER 31	12	13	30	7	CORE / GLUTES / LEGS	62
NOVEMBER 7	12	14	34	7	CORE / GLUTES / LEGS	67
NOVEMBER 14	10	8	15	4	CORE / GLUTES / LEGS	37
NOVEMBER 21	8	5	QAT 25. NOV	—	—	—