



**WEEK 1 & 2 23rd August – 5<sup>th</sup> September**  
**Laying a Foundation – Time on your feet**

**Key points**

Think of Training like a Pyramid: first you need a solid, wide, steady foundation to be laid down. This is the main focus for the next few weeks.

1. Time on your feet is more important than distance – don't count miles, count minutes!
2. Go slow to go faster
  - a. Keep a "conversational" pace – tell a joke, talk politics...religion...
  - b. When in doubt, breathing too heavily, simply slow down. Even walk a couple of minutes.
3. Aim for 4- 5 days/per week training
4. Take a hard/easy approach – after a Hard days training the next day should be a rest day or Easy activity. Easy could even include mowing the lawns, swimming etc
5. Don't rush it! Make small but gradual increases in Time on Your feet. You should not increase your "longest" run by more than around 10 minutes per week.
6. A Run of more than 2.5- 3 hours is more likely to be counter- productive. Such long, often exhausting efforts delay Recovery time before the next effort and injury risks increase. Don't get injured! Applies as much to the elite sub-3 hour marathoner as it does to the person looking at 4-5 hours.

**Weekly Training Guideline**

- Choose from Plan One or Plan Two below...if you fall in-between, go with Plan Two
- After two weeks of handling this, push the Sunday Run out by 5-10 minutes every week
- The Number beside the day of the week in the table below denotes the **priority** order of training:
- e.g 1 = most important. If you are going to skip something, skip a 4 or 5 rather than a 1. 2 or 3

**PLAN ONE: "I can already handle a 90 minute run"**

Sunday <b>1</b>	Monday	Tuesday <b>4</b>	Wednesday <b>2</b>	Thursday	Friday <b>5</b>	Saturday <b>3</b>
Longest Run	rest	Fartlek	Long Run	Rest day	Long Run	Out & back or Race
80-90 min with as many Hills as possible		40-45 min Total running. After 1 <sup>st</sup> 10 minutes, up the pace for 1-2 min, slow down for 2-3 min then up it again. Repeat to end	60-90 min	<i>Rest is as important to Training as Running is!</i>	50-60 min	10min warmup then: 20 min out - turn 20 min back At best possible effort  OR: 5-10km race

**PLAN TWO: "I'm up to 45 minutes at the moment and/or run less than 3 days/week"**

Sunday <b>1</b>	Monday	Tuesday	Wednesday <b>2</b>	Thursday	Friday <b>4</b>	Saturday <b>3</b>
Longest Run	Easy/rest		Long Run	Rest day	Long Run	Out & back
60 min  It's OK to have a 2 min walk every 20 min or so		.	45-50 minutes	<i>Rest is as important to Training as Running is!</i>	30-40 min	10 min Warmup then: 15 min out 15 min back OR 5-10km race. See notes below

## **Out and Back Runs**

- This is an opportunity for you to gauge your progress week by week
- Also helps in your personal pace judgement
- Choose a route that you will do each week
- Run as strongly as you can – but at a constant pace
- Turn at the prescribed time – then don't look at your watch again until you get back to start

### **What did you learn from the Out & Back?**

- If your return journey is **SLOWER** than the outward one, you started too fast for your current level of fitness. Next week start a bit slower and adjust a bit
- If you came back **FASTER**, the good news is you are fitter than you thought! BUT Next week put a bit more effort into the first half – aim to get further along your route before having to turn
- As the weeks progress you will find you can get a bit further before you have to turn

NOTE: Out & Back can be replaced with a 5km or 10km race – 5km is a great sharpener for the Marathon

**Text or call either of us anytime with any questions**

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