

Get You Round Waterford Viking Marathon 2019 Training Plan!

	Week	Mon	Tues	Wed	Thurs	Fri	Sat (Long Run)	Sun - Optional	Total
Jan-21	1	Off	3 mi	Off	3 mi	Off	3 mi	2 mi	11
Jan-28	2	Off	3 mi	Off	3 mi	Off	4 mi	3 mi	13
Feb-04	3	Off	3 mi	Off	4 mi	Off	5 mi	3 mi	15
Feb-11	4	Off	3 mi	Off	4 mi	Off	6 mi	3 mi	16
Feb-18	5	Off	4 mi	Off	4 mi	Off	7 mi	3 mi	18
Feb-25	6	Off	5 mi	Off	4 mi	Off	8 mi	3 mi	20
Mar-04	7	Off	5 mi	Off	4 mi	Off	9 mi	3 mi	21

Mar-11	8	Off	5 mi	Off	4 mi	Off	10 mi	3 mi	22
Mar-18	9	Off	5 mi	Off	4 mi	Off	6 mi	4 mi	19
Mar-25	10	Off	5 mi	Off	4 mi	Off	12 mi	4 mi	25
Apr-01	11	Off	5 mi	Off	4 mi	Off	13 mi	4 mi	26
Apr-08	12	Off	5 mi	Off	5 mi (1 mi @ estimated MP)	Off	14 mi	4 mi	28
Apr-15	13	Off	5 mi	Off	5 mi (2 mi @ estimated MP)	Off	10 mi OR Waterford/ Tramore 7.5 Mi Race	5 mi	25
Apr-22	14	Off	6 mi	Off	5 mi (2 mi @ estimated MP)	Off	16 mi	4 mi	31
Apr-29	15	Off	6 mi	Off	5 mi (3 mi @ estimated MP)	Off	10 mi	4 mi	25
May-06	16	Off	5 mi	Off	5 mi (3 mi @ estimated MP)	Off	18 mi	4 mi	32

May-13	17	Off	5 mi	Off	5 mi (3 mi @ estimated MP)	Off	10 mi OR Stoneyford 10k with warm up	5 mi	25
May-20	18	Off	6 mi	Off	6 mi (4 mi @ estimated MP)	Off	20 mi	4 mi	36
May-27	19	Off	5 mi	Off	5 mi	Off	14 mi	4 mi	28
Jun-03	20	Off	4 mi	Off	4 mi	Off	12 mi	3 mi	23
Jun-10	21	Off	4 mi	Off	3 mi	Off	6 mi	3 mi	18
Jun-17	22	Off	2 mi	30 mins	Rest Day	Off	Race Day!	SLEEP!	

NOTES

You can change the days around to suit yourself.

Your Long Run pace should feel easy all the way. Tired by the end but not out of breath!

For your other runs, run as you feel. If you feel really good, pick it up a little, if not, ease off.

MP - Marathon Pace, the pace you are aiming for on the day. Or approx 10/15s faster per mile than your Weekend Long Run.

Do some races along the way to prepare you for the feel of doing an event!

