

## Get You Round Waterford Viking Marathon 2018 Training Plan!

|               | <b>Week</b> | <b>Mon</b> | <b>Tues</b> | <b>Wed</b> | <b>Thurs</b> | <b>Fri</b> | <b>Sat (Long Run)</b> | <b>Sun - Optional</b> | <b>Total</b> |
|---------------|-------------|------------|-------------|------------|--------------|------------|-----------------------|-----------------------|--------------|
| <b>Jan-29</b> | <b>1</b>    | <b>Off</b> | <b>3 mi</b> | <b>Off</b> | <b>3 mi</b>  | <b>Off</b> | <b>3 mi</b>           | <b>2 mi</b>           | <b>11</b>    |
| <b>Feb-05</b> | <b>2</b>    | <b>Off</b> | <b>3 mi</b> | <b>Off</b> | <b>3 mi</b>  | <b>Off</b> | <b>4 mi</b>           | <b>3 mi</b>           | <b>13</b>    |
| <b>Feb-12</b> | <b>3</b>    | <b>Off</b> | <b>3 mi</b> | <b>Off</b> | <b>4 mi</b>  | <b>Off</b> | <b>5 mi</b>           | <b>3 mi</b>           | <b>15</b>    |
| <b>Feb-19</b> | <b>4</b>    | <b>Off</b> | <b>3 mi</b> | <b>Off</b> | <b>4 mi</b>  | <b>Off</b> | <b>6 mi</b>           | <b>3 mi</b>           | <b>16</b>    |
| <b>Feb-26</b> | <b>5</b>    | <b>Off</b> | <b>4 mi</b> | <b>Off</b> | <b>4 mi</b>  | <b>Off</b> | <b>7 mi</b>           | <b>3 mi</b>           | <b>18</b>    |
| <b>Mar-05</b> | <b>6</b>    | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>4 mi</b>  | <b>Off</b> | <b>8 mi</b>           | <b>3 mi</b>           | <b>20</b>    |
| <b>Mar-12</b> | <b>7</b>    | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>4 mi</b>  | <b>Off</b> | <b>9 mi</b>           | <b>3 mi</b>           | <b>21</b>    |
| <b>Mar-19</b> | <b>8</b>    | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>4 mi</b>  | <b>Off</b> | <b>10 mi</b>          | <b>3 mi</b>           | <b>22</b>    |

|               |           |            |             |            |                                   |            |  |             |           |
|---------------|-----------|------------|-------------|------------|-----------------------------------|------------|--|-------------|-----------|
| <b>Mar-26</b> | <b>9</b>  | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>4 mi</b>                       | <b>Off</b> | <b>6 mi</b>                                    | <b>4 mi</b> | <b>19</b> |
| <b>Apr-02</b> | <b>10</b> | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>4 mi</b>                       | <b>Off</b> | <b>12 mi</b>                                   | <b>4 mi</b> | <b>25</b> |
| <b>Apr-09</b> | <b>11</b> | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>4 mi</b>                       | <b>Off</b> | <b>13 mi</b>                                   | <b>4 mi</b> | <b>26</b> |
| <b>Apr-16</b> | <b>12</b> | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>5 mi (1 mi @ estimated MP)</b> | <b>Off</b> | <b>14 mi</b>                                   | <b>4 mi</b> | <b>28</b> |
| <b>Apr-23</b> | <b>13</b> | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>5 mi (2 mi @ estimated MP)</b> | <b>Off</b> | <b>10 mi OR Waterford/ Tramore 7.5 Mi Race</b> | <b>5 mi</b> | <b>25</b> |
| <b>Apr-30</b> | <b>14</b> | <b>Off</b> | <b>6 mi</b> | <b>Off</b> | <b>5 mi (2 mi @ estimated MP)</b> | <b>Off</b> | <b>16 mi</b>                                   | <b>4 mi</b> | <b>31</b> |
| <b>May-07</b> | <b>15</b> | <b>Off</b> | <b>6 mi</b> | <b>Off</b> | <b>5 mi (3 mi @ estimated MP)</b> | <b>Off</b> | <b>10 mi</b>                                   | <b>4 mi</b> | <b>25</b> |
| <b>May-14</b> | <b>16</b> | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>5 mi (3 mi @ estimated MP)</b> | <b>Off</b> | <b>18 mi</b>                                   | <b>4 mi</b> | <b>32</b> |
| <b>May-21</b> | <b>17</b> | <b>Off</b> | <b>5 mi</b> | <b>Off</b> | <b>5 mi (3 mi @ estimated MP)</b> | <b>Off</b> | <b>10 mi OR Stoneyford 10k with warm up</b>    | <b>5 mi</b> | <b>25</b> |
| <b>May-28</b> | <b>18</b> | <b>Off</b> | <b>6 mi</b> | <b>Off</b> | <b>6 mi (4 mi @ estimated MP)</b> | <b>Off</b> | <b>20 mi</b>                                   | <b>4 mi</b> | <b>36</b> |

|               |           |            |             |                |                 |            |                  |               |           |
|---------------|-----------|------------|-------------|----------------|-----------------|------------|------------------|---------------|-----------|
| <b>Jun-04</b> | <b>19</b> | <b>Off</b> | <b>5 mi</b> | <b>Off</b>     | <b>5 mi</b>     | <b>Off</b> | <b>14 mi</b>     | <b>4 mi</b>   | <b>28</b> |
| <b>Jun-11</b> | <b>20</b> | <b>Off</b> | <b>4 mi</b> | <b>Off</b>     | <b>4 mi</b>     | <b>Off</b> | <b>12 mi</b>     | <b>3 mi</b>   | <b>23</b> |
| <b>Jun-18</b> | <b>21</b> | <b>Off</b> | <b>4 mi</b> | <b>Off</b>     | <b>3 mi</b>     | <b>Off</b> | <b>6 mi</b>      | <b>3 mi</b>   | <b>18</b> |
| <b>Jun-25</b> | <b>22</b> | <b>Off</b> | <b>2 mi</b> | <b>30 mins</b> | <b>Rest Day</b> | <b>Off</b> | <b>Race Day!</b> | <b>SLEEP!</b> |           |

## 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!

