

Run to the Top with Master Coach Arthur Lydiard

By Garth Gilmour, Arthur's biographer and co-author for more than 40 years

Lydiard's original marathon and half-marathon schedules, published in *Run To the Top* in 1962, were in good old-fashioned miles and yards but are re-produced here in metric distances.

They differ from his later schedules in which he lightened the workload somewhat and moved to running times rather than distances, apart from time trials and speed work.

We also offer beginner's marathon schedules for any men or women, boys or girls who gets the bug from watching The Legend marathon.

These programmes assume that you have already built your running capability to handle up to around 160k (100 miles) a week. If you have done nothing significant on your feet yet, you must spend some weeks slowly and aerobically gaining the ability to run for the extended periods required to master the marathon. The aim, even beginning from jogging from one lamp post to the next, walking to the next, jogging again and so on, is to head towards attaining a tireless state of aerobic fitness on which you can build your strength and speed in exercises that require anaerobic running. Running out for five minutes and then back again in the same time and slowly adding minutes is another way to do it. If you struggle back from the turning point, you have gone out too fast. Listen to your body at all times. Ideally, you should always be able to maintain a conversation while you are running aerobically. This is a process that cannot be rushed and has no shortcuts.

Think of it as building the base of a construction on which everything else is soundly and solidly supported.

These schedules are only a guide. They often need to be changed over the last six weeks or so to allow for the racing conditions in which you find yourself. You may need sharpening, in which case you would race more over shorter distances and do more sharpening in training.. You may find you are coming to peak too quickly so you should miss a scheduled race or two, as well as some of your sharpening training, by jogging for a few days.

This is where the value of listening to your body can pay off. How you feel is how you run. If your schedule is for a 5000 metre time trial, for instance, and you don't feel up to it, flag it away and go for a jog instead. But be careful; don't think you can get away with that too often without losing ground.

It's better to have a plan than use guesswork and determine your workout on a day-to-day basis and you should keep a diary record of what your training was, the conditions you trained in, how you felt during and after the training. Consider everything carefully, realize your own capabilities at the present moment and run with a view to steady, gradual rather than rapid improvement, which will inevitably set your progress in reverse.

Lydiard did not prescribe anything in these schedules for athletes who are not prepared to run seven days a week. He said, "I don't because I won't. Seven days a week training is my minimum."

I remember his cogent argument: if you miss a day's training every week, you are giving the seven-days-a-week trainers a more-than-seven-week advantage. He also warned that if you don't have the time to train to his system, the last thing you should do is speedwork without the stamina to support it.

"There are no short cuts to the top," he said. "I know. I have tried them and they do not work."

To modern day runners, this may seem dictatorial and too demanding and Lydiard did water down his schedules later, declaring today's runners to be too soft, but it should be remembered that the original programmes swept his pupils to world-domination of middle and distance running. And many of them, in addition to their 100 miles (160km) of stamina training each week, **doubled that distance** with steady jogging at the other end of their training day. Even Peter Snell when he training to race only 800 metres.

Lydiard developed these seemingly-tough schedules by years of testing and examination of his own body during thousands of miles of running and did not stop his self-imposed physical punishment until he was satisfied that he had found the perfect training balance for peak performance exactly when peak performance was required. I reproduce them here, with no attempt at modification (later schedules do that), because they are the schedules that sent, first, Murray Halberg and Barry Magee to the top and then made Snell the almost-unbeatable idol of the running world. All three began as no more than average athletes and it is logical to argue that if they could do it from that average basis so can anyone prepared to accept the Lydiard challenge.

It is also recognized that basic Lydiard-style endurance training is the foundation of virtually all today's successful middle and distance runners.

The original schedules contained in *Run to the Top* did not include the half-marathon but here are his 6 miles (10,000 metres) and 6 ¾ mile crosscountry schedules to help you build the base for trying that distance. The metric distances are as close as sensible to the original mileages. To fit your schedule into months before the 2009 The Legend marathon at the end of September, count the weeks back to find where to begin. Any time before that should be occupied with stamina-building running. No speedwork, hill springing or other strengthening or sharpening exercises. Just steady aerobic running. Halberg has remarked on his surprise when he learnt that if he wanted to run faster, he had to train slower.

The schedules include specialized techniques for building strength and sharpness on to the endurance base, so some explanation will help:

Aerobic running is designed to raise the maximum steady state and increase endurance to get you through later fast or anaerobic training. Adding even a 15-minute aerobic run at the end of fast work is effective.

Hill springing should desirably be worked at all the time for ankle flexibility and power. Bouncing up gentle slopes also stretches other leg muscles and tendons and makes white muscle fibres more efficient. Running up steep hills or steps develops the well-conditioned quadriceps you need to maintain a good knee lift. At least once every week, you should use technique training – high knee lift with small forward progress, long-

striding ankle exercise running and running tall. Relaxed striding should always be done with a following wind.

Use stretching and suppling exercises every, particularly before fast training sessions – but always warm up by jogging first.

Six miles (9.65k)

First month –

First week

Monday: Run 3.2km at quarter-effort.

Tuesday: Run over 800m four times at quarter-effort.

Wednesday: Stride out over 275m 12 times; run 800m at half-effort.

Thursday: Run 9.65k at quarter-effort.

Friday: Run over 200m at quarter-effort six times.

Saturday: Run 1.6k at quarter-effort and 1.6k at half-effort.

Sunday: Go for a long jog of, say, 32k.

Second week

Monday: Run 2.4k at quarter-effort.

Tuesday: Run 1.2k at half-effort; run over 90m twice at three-quarter effort.

Wednesday: Run 400m at three-quarter effort; run six 200m at three-quarter effort; and one 400m at seven-eighths effort.

Thursday: Run 9.6k at quarter-effort.

Friday: Run over 200m six times at quarter-effort.

Saturday: Run 400m 20 times at quarter-effort.

Sunday: The long jog

Third week

Monday: Run 3.2k at half-effort.

Tuesday: Run 800m six times at quarter-effort.

Wednesday: Run 800m at quarter-effort; and follow with 1.6m at half-effort and 400m at full-effort.

Thursday: Run 9.6k at half-effort.

Friday: Run six 200m at quarter-effort.

Saturday: Run 1.6k at quarter-effort and 1.6k at half-effort.

Sunday: The long jog.

Fourth week

Monday: Run 2.4k at half-effort.

Tuesday: Run 800m at quarter-effort; 800m at half-effort; and 800m at threequarter-effort.

Wednesday: Run 400m four times at quarter-effort; four 200m at half-effort; and one 400m at seven-eighths-effort.

Thursday: Run 9.6m at half-effort.

Friday: Run over 200m six times at quarter-effort.

Saturday: Run 400m 20 times at half-effort.

Sunday: The long jog.

Second month

Fifth week

Monday: Run 700m at half-effort; 800m at three-quarter-effort; one 400m at full effort.

Tuesday: Run six 400m at half-effort; stride out over 275m three times; 90m at three-quarter-effort.

Wednesday: Run 3.2k at half-effort.

Thursday: Run 9.6k at three-quarter-effort.

Friday: Run over 200m six times at half-effort.

Saturday: Run 1.6k at half-effort; 1.6k at full-effort,

Sunday: The long jog.

Sixth week

Monday: Run over 800m twice at three-quarter-effort; 1.6k at half-effort.

Tuesday: Run 3.2k at half-effort.

Wednesday: Run over 800m six times at half-effort.

Thursday: Run 9.6k at three-quarter-effort.

Friday: Run over 200m six times at half-effort.

Saturday: Run over 200m 20 times at half-effort.

Sunday: The long jog.

Seventh week

Monday: Run 3.2k of 45m dashes alternated with 55m floats.

Tuesday: Run a 5k time trial.

Wednesday: Run 800m at three-quarter-effort; follow with eight 800m at three-quarter effort.

Thursday: Run 1.6k at three-quarter-effort.

Friday: Run 400m six times at three-quarter effort

Saturday: Compete in a 1500m race.

Sunday: The long jog.

Eighth week

Monday: Run 4.8k of 45m dashes.

Tuesday: Run a 5k time trial.

Wednesday: Run two 800m at half-effort and 1600m at three-quarter effort.

Thursday: Run 1600m at three-quarter-effort.

Friday: Run six 400m at three-quarter-effort.

Saturday: Compete in a 1500m race.

Sunday: The long jog.

Ninth week

Monday: Run 45m dashes for a total of 4.8k.

Wednesday: Run 9.6k, with a 90m sprint in each 400m

Thursday: Run the first 9.6k time trial.

Friday: Run six 200m at three-quarter-effort.

Saturday: Compete in a 10k race.

Sunday: The long jog.

Tenth week

Monday: Run 45m dashes, with 55m floats, for 1600m then run 90m three times at full effort.

Tuesday: Run another 5k time trial.

Wednesday: Run 9.6k with a 90m sprint in each 400m.

Thursday: Run the second 10k time trial.

Friday: Run six 200m at three-quarter-effort.

Saturday: Compete in a 10k race.

Sunday: The long jog..

Eleventh week

Monday: Run 200m ten times at half-effort.

Tuesday: Run third 10k time trial.

Wednesday: Compete in an 800m race.

Thursday: Run 3.2k of 45m dashes, with 55m floats

Friday: Run six 200m at half-effort.

Saturday: Compete in a 1500m race.

Sunday: Long jog.

Twelfth week

Monday: Jog for 10k.

Tuesday: Run three 200m at full effort.

Wednesday: Run 3.2k of 45m dashes, alternating with the customary 55m floats.

Thursday: Jog for 5k.

Friday: Jog for 5k.

Saturday: THE RACE.

Sunday: Easy jog.

6 1/4 –mile (10k) cross-country

First week

Monday: Run 24k at quarter-effort.

Tuesday: Run 800m at quarter-effort, 1.6k at quarter-effort and another 800m at quarter-effort.

Wednesday: Run 16k at half-effort.

Thursday: Run 3.2k, the first 1600m at quarter-effort and the second at three-quarter-effort; follow with three 90m runs at three-quarter-effort.

Friday: Run six 200m at half-effort.

Saturday: Club runs.

Sunday: Jog for 32k.

Second week

Monday: Run 24k at quarter-effort.

Tuesday: Run six 200m at half-effort.

Wednesday: Run 16k at half-effort.

Thursday: Run 2.4k, the first 1600m at half-effort, the last at full-effort and follow with three 90m at three-quarter-effort.

Friday: Run six 200m at half-effort.

Saturday: Club runs.

Sunday: Jog for 32k.

Third week

Monday: Run 24k at quarter-effort.

Tuesday: Run six 800m at quarter-effort..

Wednesday: Run 16k at half-effort.

Thursday: Run 3.2k, the first 1600m at half-effort, the second 1600 at seven-eighths-effort; then three 90m at full-effort.

Friday: Run six 200m at half-effort.

Saturday: Club races.

Sunday: Jog for 32k

Fourth week

Monday: Run 24k at quarter-effort.

Tuesday: Run 12 200m at half-effort.

Wednesday: Run 16k at half-effort.

Thursday: Run for 2.4k, the first 1600m at three-quarter-effort, the final 800m at full-effort; follow with 3 95m at full-effort.

Friday: Run six by 200m at half-effort.

Saturday: Club runs.

Sunday: Jog for 32k.

Fifth week

Monday: Run 3.2k at half-effort; run 1600m in 45m dashes, with floats between.

Tuesday: Run six 800m at half-effort.

Wednesday: Run 1600m at quarter-effort, 1600m at half-effort and 1600m at full-effort.

Thursday: Run 800m at quarter-effort and 1600m at full effort.

Friday: Run six 200m at half-effort.

Saturday: Club runs.

Sunday: Jog for 32k.

Sixth week

Monday: Run 5k at half-effort.

Tuesday: Run 9.6k at half-effort.

Wednesday: Run 1200m at half-effort and then 1600m of 45m dashes.

Thursday: Run four 800m at half-effort.

Friday: Run six 200m at half-effort.

Saturday: Club runs.

Sunday: Jog for 32k.

Seventh week

Monday: Run 1600m at quarter-effort, 1600m at 1600m at half-effort and 1600m at seven-eighths-effort.

Tuesday: Run a 9.6k time trial.

Wednesday: Run 3.2k of 45m dashes and then two 90m dashes.

Thursday: Run a 4.8k time trial.

Friday: Run three 200m at full-effort.

Saturday: Run 5k race.

Sunday: Jog for 32k.

Eighth week

Monday: Run 12 200m at half-effort and 1600m of 45m dashes.

Tuesday: Run second 9.6k time trial.

Wednesday: Run 5k of 45m dashes.

Thursday: Run second 4.8k time trial.

Friday: Run three 200m at full-effort.

Saturday: Run 5k race.

Sunday: Jog for 32k.

Ninth week

Monday: Run six 200m at half-pace and 1600m of 45m dashes.

Tuesday: Run third 9.6k time trial.

Wednesday: Run 800m at half-effort 800m at three-quarter-effort and 800m at seven-eighth effort.

Thursday: Run third 4.8k time trial.

Friday: Run three 2000m at full-effort.

Saturday: Compete in 10k race.

Sunday: Jog for 32k.

Tenth week

Monday: Run 45m dashes for 4.8k.

Tuesday: Run fourth 9.6k time trial.

Wednesday: Run 400m twice at half-effort, twice at three-quarter-effort and 800m at seven-eighth-effort.

Thursday: Run fourth 4.8k time trial.

Friday: Run three 200m at full-effort.

Saturday: Compete in 10k race.

Sunday: Jog for 32k.

Eleventh week

Monday: Run 3.2k of 45m dashes.

Tuesday: Run fifth 9.6k time trial.

Wednesday: Jog about 16k.

Thursday: Run 1600m at full-effort.

Friday: Run three 200m at full-effort.

Saturday: Run 4.2k at three-quarter-effort.

Sunday: Jog about 24k.

Twelfth week

Monday: Jog about 10k.

Tuesday: Jog 4.8k and run three 200m at full-effort.

Wednesday: Run 400m at full-effort and then jog about 9.6k.

Thursday: Jog, using own discretion about distance.

Friday: Jog and again make the distance suit your own feeling. and condition.

Saturday: THE RACE.

Sunday: Recovery jog.

The Marathon

First week

Monday: Run twenty 200m at quarter-effort.

Tuesday: Run 24k at quarter-effort.

Wednesday: Run 3.2k of 45m dashes, alternating with 55m floats.

Thursday: Run 29k at quarter-effort.

Friday: Run 1600m at half-effort.

Saturday: Run at an easy pace for 35 to 45k.

Sunday: Jog for 24k.

Second week

Monday: Run twenty 400m at quarter-effort.

Tuesday: Run 24k at quarter-effort.

Wednesday: Run 3.2k of 45m dashes.

Thursday: Run 29k at quarter-effort.

Friday: Run 1600m at three-quarter-effort

Saturday: Run an easy-paced 35 to 45k.

Sunday: Jog for 24k.

Third week

Monday: Run fifteen 200m at half-effort.

Tuesday: Run 24k at quarter-effort.

Wednesday: Run 4.8k of 45m dashes.

Thursday: Run 29k at quarter-effort.

Friday: Run three 800m at half-effort.

Saturday: Run 35 to 45k.

Sunday: Jog for 24k.

Fourth week

Monday: Run fifteen 400m at half-effort.

Tuesday: Run 24k at quarter-effort.

Wednesday: Run 4.8k of 45m dashes.

Thursday: Run 29k at quarter-effort.

Friday: Run two 800m at three-quarter-effort.

Saturday: Run 35 to 45k at quarter-effort.

Sunday: Run 24k at quarter-effort.

Fifth week

Monday: Run a 4.8k time trial.

Tuesday: Run 24k at quarter-effort.

Wednesday: Run a 9.6k time trial.

Thursday: Run 29k at quarter-effort.

Friday: Run six 200m at half-effort

Saturday: Run 35 to 45k at quarter-effort.

Sunday: Run 24k at quarter-effort

Sixth week

Monday: Run a 4.8k time trial.

Tuesday: Run 24k at three-quarter-effort.

Wednesday: Run a 9.6k time trial.

Thursday: Run 29k at half-effort.

Friday: Run six 200m at half-effort.

Saturday: Run 35 to 45k at quarter-effort.

Sunday: Run 24k at quarter-effort.

Seventh week

Monday: Run a 4.8k time trial.

Tuesday: Run 24k at three-quarter-effort.

Wednesday: Run a 9.6k time trial.

Thursday: Run 29k at half-effort.

Friday: Run three 200m at full-effort.

Saturday: Run 35 to 45k at quarter-effort.

Sunday: Run for 24k.

Eighth week

Monday: Run a 4.8k time trial.

Tuesday: Run 24k at half-effort.

Wednesday: Run a 9.6k time trial.

Thursday: Run 29k at quarter-effort.

Friday: Run three 200m at full-effort.

Saturday: Run 35 to 45k at quarter-effort.

Sunday: Jog for 24k.

Ninth week

Monday: Run 16k at half-effort.

Tuesday: Run 4.8k at half-effort.

Wednesday: Run 24k at quarter-effort.

Thursday: Jog for 10k.

Friday: Jog for 5k.

Saturday: Run over the marathon distance of 42.15k.

Sunday: One hour jog.

Tenth week

Monday: Jog for 10k.

Tuesday: Jog for 10k.

Wednesday: Run 24k at quarter-effort.

Thursday: Stride-out over 280m fifteen times.

Friday: Run six 200m at half-effort.

Saturday: Run for one hour at half-effort.

Sunday: Jog for 24k.

Eleventh week

Monday: Run 3.2k of 45m dashes.

Tuesday: Jog for 19k.

Wednesday: Run for 9.6k at three-quarter-effort.

Thursday: Jog for 24k.

Friday: Run three 200m at three-quarter-effort.

Saturday: Compete in a 5k race.

Sunday: Jog for one hour.

Twelfth week

Monday: Run three 200m at three-quarter-effort.

Tuesday: Run 1600m at three-quarter effort.

Wednesday: Jog for 10k.

Thursday: Jog for 5k.

Friday: Jog for 5k.

Saturday: THE RACE.

The modern schedules

In his revised schedules, Lydiard turned more to running by time rather than distance and moved from levels of effort to an aerobic-anaerobic balance. He also proposed more fartlek exercise, both easy and strong. Fartlek is undulating off-road running, with some fast bursts, slow tempo running and varied uphill and downhill pace. It becomes the individual runner's expression of freedom. The changes reflected his belief that modern runners were less inclined to fully adopt his original schedules and also recognized that marathons were no longer the domain of seasoned specialist runners but were becoming a challenging experience for all ages and shapes of the world's population.

Because of its testing nature, however, The Legend is unlikely to draw the thousands who flock to London, New York, the Sunshine Coast and the Auckland Harbour bridge but will grow as the challenge for the upper echelons of serious marathoners.

Again, for people coming to the marathon and half-marathon from shorter distances and for raw beginners, I've included 10k cross-country schedules and a beginners' marathon schedule.

Men's Cross-country

For as long as possible

Monday: Easy fartlek one hour.

Tuesday: Long aerobic 1 ½ hours.

Wednesday: Time trial 5000m.

Thursday: Long aerobic 1 ½ hours.

Friday: Leg speed 100m x 10.

Saturday: Time trial 10,000m

Sunday: Aerobic run 2 hours or more.

For four weeks

Monday: Hill springing and steep hills or step running 1 hour.

Tuesday: Long aerobic 1 ½ hours.

Wednesday: Time trial 5000m.

Thursday: Hill springing and steep hills or step running 1 hour

Friday: Sprint training 100m x 10.
Saturday: Time trial 10,000m.
Sunday: Aerobic run 2 hours or more.

For four weeks

Monday: 100m windsprints x 1012.
Tuesday: Easy fartlet 1 hour.
Wednesday: Time trial 5000m.
Thursday: Repetitions – 200m z 10-15.
Friday: Relaxed striding 300m x 4.
Saturday: Development races.
Sunday: Aerobic run 2 hours.

For one week

Monday: 45m windsprints every 100m x 20.
Tuesday: Easy fartlek 1 hour.
Wednesday: Time trial 3000m.
Thursday: Easy fartlek ¾ hour.
Friday: Jog ½ hour.
Saturday: Race 10,000m.
Sunday: Jog 1 ½ hours.

For one week

Monday: 45m windsprints every 100m x 20.
Tuesday: Easy fartlek ¾ hour.
Wednesday: Time trial 2000m.
Thursday: Easy fartlek ½ hour.
Friday: Fast relaxed running 200m x 3.
Saturday: Race 3000m.
Sunday: Jog hour.

For one week

Monday: 45m windsprints every 100m x 16.
Tuesday: Easy fartlek ¾ hour.
Wednesday: Time trial 1500m.
Thursday: Jog ¾ hour.
Friday: Jog ½ hour.
Saturday: First important race.
Sunday: Jog 1 ½ hours.

Continuation of racing

Monday: 45m windsprints every 100m x 16.
Tuesday: Easy fartlek ¾ hour.
Wednesday: Time trial 3000m.
Thursday: Easy fartlek ½ hour.
Friday: Jog ½ hour.
Saturday: Race.

Sunday: Jog 1 ½ hours or more.

Senior Women's Cross-country

For as long as possible

Monday: Easy fartlek ¾ to 1 hour.

Tuesday: Aerobic running 1 to 1 ½ hour.

Wednesday: Time trial 5000m.

Thursday: Aerobic running 1 to 1 ½ hour.

Friday: Leg speed 100m x 8-10.

Saturday: Time trial 5000m.

Sunday: Aerobic running 1 to 1 ½ hour.

For four weeks

Monday: Hill springing and step or steep hill running to 1 hour.

Tuesday: Aerobic run 1 to 1 ½ hours.

Wednesday: Time trial 3000m.

Thursday: Hill springing and step or steep hill running to 1 hour.

Friday: Leg speed 100m x 8-10.

Saturday: Time trial 5000m.

Sunday: Aerobic running ½ or more.

For four weeks

Monday: 100m windsprints every 200m x 10-12.

Tuesday: Easy fartlek ¾ to 1 hour.

Wednesday: Time trial 3000m.

Thursday: Repetitions 300m fast.

Friday: Relaxed striding 300m x 4.

Saturday: Development races.

Sunday: Aerobic run 1 ½ hours or more.

For one week

Monday: 45m windsprints every 100m x 16-20.

Tuesday: Easy fartlek ¾ to 1 hour.

Wednesday: Time trial 2000m.

Thursday: Easy fartlek ¾ hour.

Friday: Jog ½ hour.

Saturday: Race 5000m.

Sunday: Jog one hour.

For one week

Monday: 45m windsprints every 100m x 16.

Tuesday: Easy fartlek ¾ hour.

Wednesday: Time trial 2000m.

Thursday: Easy fartlek ½ hour.

Friday: Fast relaxed running 200m x 3.

Saturday: Race 2000m.

Sunday: Jog one hour.

For one week

Monday: 45m windsprints every 100m x 16.

Tuesday: Easy fartlek ½ hour.

Wednesday: Time trial 1000m.

Thursday: Jog ¾ hour.

Friday: Jog ½ hour.

Saturday: First important race..

Sunday: Jog 1 ½ hours.

Continuation of racing

Monday: 45m windsprints every 100m x 16.

Tuesday: Easy fartlek ¾ hour.

Wednesday: Time trial 3000m.

Thursday: Easy fartlek ½ hour.

Friday: Jog ½ hour.

Saturday: Race.

Sunday: Jog an hour or more.

Beginners' Marathon

For as long as possible

Monday: Aerobic run ½ to ¾ hour.

Tuesday: Aerobic run one hour.

Wednesday: Aerobic run ½ to ¾ hour.

Thursday: Aerobic run one hour.

Friday: Aerobic run ½ to ¾ hour

Saturday: Aerobic run one to two hours.

Sunday: Aerobic run ¾ to one hour.

For six weeks

Monday: Aerobic run ¾ to one hour.

Tuesday: Aerobic run one to 1 ½ hours.

Wednesday: Easy fartlek ½ to ¾ hour.

Thursday: Aerobic run one to 1 ½ hours.

Friday: Easy fartlek ½ hour.

Saturday: Aerobic run 1 ½ to 2 hours.

Sunday: Aerobic run ¾ to one hour.

For six weeks

Monday: Time trial 5000m.

Tuesday: Aerobic run one to 1 ½ hours.

Wednesday: Time trial 10,000m.

Thursday: Aerobic run one to 1 ½ hours.

Friday: Easy fartlek ½ to ¾ hour.

Saturday: Aerobic run 1 ½ to 2 ½ hours.

Sunday: Jog one hour.

For four weeks

Monday: Fast relaxed running 200m x 8.

Tuesday: Aerobic run 1 to 1½ hours.

Wednesday: Time trial 5000m.

Thursday: Easy fartlek ½ to 1 hour.

Friday: Relaxed striding 200m x 6.

Saturday: Aerobic run 1 ½ to 2 ½ hours

Sunday: Jog one hour.

For one week

Monday: Easy fartlek ½ to ¾ hour.

Tuesday: Aerobic run 1 hour.

Wednesday: Time trial 3000m.

Thursday: Easy fartlek ½ to ¾ hour

Friday: Jog ½ hour.

Saturday: Aerobic run 1 hour.

Sunday: Easy fartlek for ½ hour.

For one week

Monday: Jog ¾ hour.

Tuesday: Time trial 2000m.

Wednesday: Jog ¾ hour.

Thursday: Jog ¾ hour.

Friday: Jog ½ hour or rest.

Saturday: YOUR MARATHON RACE.

Sunday: Jog ¾ to 1 hour.

Continuation

Jog easily for seven to ten days, then:

Monday: Easy fartlek ¾ to 1 hour.

Tuesday: Aerobic run 1 to 1 ½ hours.

Wednesday: Time trial 3000m

Thursday: Aerobic run 1 to 1 ½ hours.

Friday: Jog 1 hour.

Saturday: 5000m.

Sunday: Aerobic 1 ½ hours or more.

Marathon for experienced runners

For as long as possible

Monday: Aerobic 1 hour.

Tuesday: Aerobic 1 ½ hours.

Wednesday: Easy fartlek 1 hour on hills.

Thursday: Aerobic 1 ½ hours.

Friday: Jog 1 hour.

Saturday: Aerobic 2 hours or more.

Sunday: Aerobic 1 ½ hours.

For four weeks

Monday: Hill springing/step or steep hill running 1 hour.

Tuesday: Aerobic 1 ½ hours.

Wednesday: Time trial 5000m.

Thursday: Hill springing/step or steep hill running 1 hour.

Friday: Leg speed 100m x 10.

Saturday: Easy fartlet 1 hour.

Sunday: Aerobic 2 hours or more.

For four weeks

Monday: Repetitions 200m x 15-20.

Tuesday: Aerobic 1 ½ hours.

Wednesday: Time trial 5000m.

Thursday: Easy fartlek 1 hour.

Friday: Leg speed 100m x 10.

Saturday: Time trial 10,000m.

Sunday: Aerobic 2 hours or more.

For two weeks

Monday: 100m windsprints every 200m x 10-12.

Tuesday: Aerobic 1 ½ hours.

Wednesday: Time trial 5000m.

Thursday: Aerobic 1 ½ hours.

Friday: Easy fartlek ½ hour.

Saturday: Time trial 25k.

Sunday: Jog 1 ½ hours.

For one week

Monday: 100m windsprints every 200m x 10-12.

Tuesday: Aerobic 1 ½ hours.

Wednesday: Time trial 3000m.

Thursday: Easy fartlek 1 hour.

Friday: Jog ½ hour.

Saturday: Time trial 20k.

Sunday: Jog 1 ½ hours.

For one week

Monday: 45m wndsprints every 100m x 20.

Tuesday: Easy fartlek ¾ hour.

Wednesday: Jog 1 hour.

Thursday: Jog 1 hour.

Friday: Jog ½ hour.
Saturday: Time trial full marathon.
Sunday: Jog 1 hour.

For one week

Monday: Jog 1 hour.
Tuesday: Jog 1 hour.
Wednesday: Time trial 5000m.
Thursday: Jog 1 ½ hours.
Friday: Jog 1 hour.
Saturday: Time trial 5000m.
Sunday: Jog 1 ½ hours.

For one week

Monday: 100m windsprints every 200m x 10.
Tuesday: Aerobic 1 ½ hours.
Wednesday: Time trial 3000m.
Thursday: Easy fartlek 1 hour.
Friday: Jog ½ hour.
Saturday: Time trial 10,000m.
Sunday: Jog 1 ½ hours.

For one week

Monday: 45m windsprints every 100m x 20.
Tuesday: Easy fartlek 1 hour.
Wednesday: Time trial 3000m.
Thursday: Jog 1 hour.
Friday: Jog ½ hour.
Saturday: Time trial 5000m.
Sunday: Jog 1 ½ hours.

For one week

Monday: Easy fartlek ¾ hour.
Tuesday: Time trial 2000m.
Wednesday: Jog 1 hour.
Thursday: Jog ½ hour.
Friday: Jog ½ hour or rest.
Saturday: MARATHON RACE.
Sunday: Jog 1 hour.

Continuation (recovery)

Monday: Jog 1 hour.
Tuesday: Jog 1 ½ hours.
Wednesday: Jog 1 hour.
Thursday: Easy fartlek 1 hour.
Friday: Jog ½ hour.

Saturday: Jog 1 hour.

Sunday: Jog 1 ½ hours.

Continuation (race track)

Monday: 100m windsprints every 200m x 19.

Tuesday: Aerobic 1 ½ hours.

Wednesday: Time trial 3000m.

Thursday: Easy fartlek 1 hour.

Friday: Jog ½ hour.

Saturday: Race 5k or 10k.

Sunday: Aerobic 1 ½ hours or more.

Beginner's Marathon for Women

For four weeks

Monday: Jog 30/45 minutes.

Tuesday: Jog 45/60 minutes.

Wednesday: Jog 30/45 minutes.

Thursday: Jog 45/60 minutes.

Friday: Jog 30 minutes.

Saturday: Jog 45 minutes.

Sunday: Jog 60 minutes.

For two weeks

Monday: Aerobic run 30/45 minutes.

Tuesday: Jog 60/75 minutes.

Wednesday: Aerobic run 30/45 minutes.

Thursday: Jog 60/75 minutes.

Friday: Jog 30 minutes.

Saturday: Aerobic run 30/45 minutes.

Sunday: Jog 60/90 minutes.

For four weeks

Monday: Easy fartlek 30/45 minutes.

Tuesday: Aerobic 45/75 minutes.

Wednesday: Easy fartlek 30/45 minutes.

Thursday: Aerobic 45/75 minutes.

Friday: Relaxed striding 150 metres by 4/6 times.

Saturday: Easy fartlek 45/60 minutes.

Sunday: Aerobic 60/120 minutes.

For four weeks

Monday: Hill-springing/bounding, steep hill/steps running 30/45 minutes.

Tuesday: Aerobic 45/75 minutes.

Wednesday: Easy fartlek 30/45 minutes.

Thursday: : Hill-springing/bounding, steep hill/steps running 30/45 minutes.

Friday: Relaxed striding 200 metres by 4/6 times.

Saturday: : Hill-springing/bounding, steep hill/steps running 30 minutes.

Sunday: Aerobic 60/120 minutes.

One week

Monday: Reps 800 metres by 2/4 times.

Tuesday: Aerobic 45/75 minutes.

Wednesday: Time trial 3000 metres.

Thursday: Aerobic 45/75 minutes.

Friday: Relaxed striding 200 metres by 4/6 times.

Saturday: Time trial 5000 metres.

Sunday: Aerobic 90/120 minutes.

One week

Monday: Reps 1000 metres by 2/3 times.

Tuesday: Aerobic 60/90 minutes.

Wednesday: Time trial 3000 metres.

Thursday: Aerobic 60/75 minutes.

Friday: Relaxed striding 200 metres by 4/6 times.

Saturday: Time trial 10,000 metres.

Sunday: Aerobic 90/120 minutes.

One week

Monday: Reps 1500 metres by 2/3 times.

Tuesday: Aerobic 60/90 minutes.

Wednesday: Time trial 5000 metres.

Thursday: Aerobic 60/90 minutes.

Friday: Relaxed striding 200 metres by 4/6 times.

Saturday: Time trial 5000 metres.

Sunday: Aerobic 90/120 minutes.

One week

Monday: Reps 800 metres by 3/5 times.

Tuesday: Aerobic 60/90 minutes.

Wednesday: Time trial 3000 metres.

Thursday: Easy fartlek 45 minutes.

Friday: Relaxed striding 200 metres by 4/6 times.

Saturday: Time trial 10,000 metres.

Sunday: Aerobic 90/120 minutes.

One week

Monday: 100 metres wind sprints every 200 metres by 6/8 times.

Tuesday: Jog 60/90 minutes.

Wednesday: Time trial 5000 metres.

Thursday: Jog 60/90 minutes.

Friday: High knee lift exercise over 100 metres by 6 times.

Saturday: Time trial 3000 metres.

Sunday: Jog 60/90 minutes.

One week

Monday: 100 metres wind sprints every 200 metres by 6 times.

Tuesday: Jog 60 minutes.

Wednesday: Time trial 2000 metres.

Thursday: Jog 45 minutes.

Friday: Jog 30 minutes.

Saturday: Time trial 35 kms – fast!

Sunday: Jog 30/45 minutes.

One week

Monday: Jog 45/60 minutes.

Tuesday: Jog 45/60 minutes.

Wednesday: Relaxed striding 200 metres by 6 times.

Thursday: Easy fartlek 30 minutes.

Friday: Jog 30 minutes.

Saturday: Time trial 3000 metres.

Sunday: Jog 120 minutes.

One week

Monday: 100 metres wind sprints every 200 metres by 6/8 times.

Tuesday: Jog 60/90 minutes.

Wednesday: Time trial 3000 metres.

Thursday: Jog 60/90 minutes.

Friday: Jog 30 minutes.

Saturday: Time trial 10,000 metres.

Sunday: Jog 90/120 minutes.

One week

Monday: 100 metres wind sprints every 200 metres by 6/8 times.

Tuesday: Jog 60/90 minutes.

Wednesday: Time trial 5000 metres.

Thursday: Easy fartlek 30/45 minutes.

Friday: Jog 30 minutes.

Saturday: Time trial 3000 metres.

Sunday: Jog 45/60 minutes.

One week

Monday: Fast relaxed running 100 metres by 6 times.

Tuesday: Time trial 2000 metres.

Wednesday: Jog 45 minutes.

Thursday: Jog 30 minutes.

Friday: Jog 30 minutes.

Saturday: THE MARATHON RACE.

Sunday: Jog easily for one week.

Experienced Women's Marathon

For as long as possible (12 weeks or more)

Monday: Aerobic 60 minutes.
Tuesday: Aerobic 90 minutes.
Wednesday: Aerobic 60 minutes.
Thursday: Aerobic 90 minutes.
Friday: Aerobic 60 minutes.
Saturday: Aerobic 60 minutes.
Sunday: Aerobic 120 minutes or more.

Four weeks

Monday: Hill springing/bounding, steep hill/steps running 45/60 minutes.
Tuesday: Aerobic 90 minutes.
Wednesday: Hill springing/bounding, steep hill/steps running 45/60 minutes.
Thursday: Easy fartlek 60 minutes.
Friday: Relaxed striding 200 metres by 6 times.
Saturday: Hill springing/bounding, steep hill/steps running 45/60 minutes.
Sunday: Aerobic 120 minutes.

One week

Monday: Reps 800 metres by 6 times.
Tuesday: Aerobic 90 minutes.
Wednesday: Time trial 5000 metres.
Thursday: Aerobic 90 minutes.
Friday: Relaxed striding 200 metres by 6 times.
Saturday: Time trial 10,000 metres at 75 per cent effort.
Sunday: Aerobic 120 minutes.

One week

Monday: Reps 1000 metres by 4 times.
Tuesday: Aerobic 90 minutes.
Wednesday: Time trial 5000 metres.
Thursday: Aerobic 90 minutes.
Friday: Relaxed striding 200 metres by 6 times.
Saturday: Time trial 5000 metres.
Sunday: Aerobic 120 minutes or more.

One week

Monday: Reps 1500 metres by 3 times.
Tuesday: Aerobic 90 minutes.
Wednesday: Time trial 5000 metres.
Thursday: Aerobic 90 minutes.
Friday: Relaxed striding 200 metres by 6 times.
Saturday: Time trial 5000 metres.

Sunday: Aerobic 120 minutes or more.

One week

Monday: Reps 800 metres by 6 times.

Tuesday: Aerobic 90 minutes.

Wednesday: Time trial 3000 metres.

Thursday: Aerobic 90 minutes.

Friday: Relaxed striding 200 metres by 6 times.

Saturday: Time trial 10,000 metres.

Sunday: Aerobic 120 minutes or more.

One week

Monday: 100 metres wind sprint every 200 metres by 10/12 times.

Tuesday: Jog 90 minutes.

Wednesday: Time trial 5000 metres.

Thursday: Jog 90 minutes.

Friday: Fast relaxed running 100 metres by 6 times.

Saturday: Time trial 5000 metres.

Sunday: Jog 90 minutes.

One week

Monday: 100 metres wind sprint every 200 metres by 10/12 times.

Tuesday: Jog 90 minutes.

Wednesday: Time trial 3000 metres.

Thursday: Jog 60 minutes.

Friday: Jog 30 minutes.

Saturday: Time trial 35kms – fast!!

Sunday: Jog 60 minutes.

One week

Monday: Jog 60 minutes.

Tuesday: Relaxed striding 200 metres by 6 times.

Wednesday: Time trial 5000 metres.

Thursday: Jog 90 minutes.

Friday: Jog 30 minutes.

Saturday: Time trial 3000 metres.

Sunday: Jog 120 minutes.

One week

Monday: 100 metres wind sprint every 200 metres by 10/12 times.

Tuesday: Jog 90 minutes.

Wednesday: Time trial 3000 metres.

Thursday: Jog 90 minutes.

Friday: Jog 30 minutes.

Saturday: Time trial 10,000 metres.

Sunday: Jog 120 minutes.

One week

Monday: 100 metres wind sprint every 200 metres by 10 times.

Tuesday: Jog 90 minutes.

Wednesday: Time trial 5000 metres.

Thursday: Easy fartlek 45 minutes.

Friday: Jog 30 minutes.

Saturday: Time trial 5000 metres .

Sunday: Jog 60 minutes.

One week

Monday: Fast relaxed running 100 metres by 6 times.

Tuesday: Time trial 2000 metres.

Wednesday: Jog 45 minutes.

Thursday: Jog 30 minutes.

Friday: Jog 30 minutes.

Saturday: THE MARATHON RACE.

Sunday: Jog 60 minutes and then jog easily for one week.