



## MARATHON: 2007 MARATHON DIARY AND TRAINING SCHEDULE

### Marathon Diary

Running Events 2007 Diary

Name	Date	Distance
Nationwide Bath Half Marathon	25 <sup>th</sup> March 2007	13.1 miles
Asics Reading Half Marathon	25 <sup>th</sup> March 2007	13.1 miles
The Paris Marathon	15 <sup>th</sup> April 2007	26.2 miles
Fortis Rotterdam Marathon	15 <sup>th</sup> April 2007	26.2 miles
Boston Marathon	16 <sup>th</sup> April 2007	26.2 miles
Flora London Marathon	22 <sup>nd</sup> April 2007	26.2 miles
Great Manchester Run	20 <sup>th</sup> May 2007	10k
Edinburgh Marathon	27 <sup>th</sup> May 2007	26.2 miles
Stockholm Marathon	9 <sup>th</sup> June 2007	26.2 miles
Bristol Half Marathon	8th September 2007	13 miles
Hydro Active Women's Challenge: London & Birmingham & Liverpool	16 <sup>th</sup> September 2007	
Great North Run: Newcastle	30 <sup>th</sup> September 2007	13.1 miles
Berlin Marathon	30 <sup>th</sup> September 2007	26.2 miles
Amsterdam Marathon	October 2007	26.2 miles
Chicago Marathon	7 <sup>th</sup> October 2007	26.2 miles
Dublin Marathon	29th October 2007	26.2 miles
Great South Run: Portsmouth	28 <sup>th</sup> October 2007	10 miles
ING New York Marathon	4 <sup>th</sup> November 2007	26.2 miles
Honolulu Marathon	9 <sup>th</sup> December 2007	26.2 miles

### The World's top 10 Marathons

1. [London Marathon, April](#)
2. [Berlin Marathon, September](#)
3. [New York City Marathon, November](#)
4. [Chicago Marathon, October](#)
5. [Boston Marathon, April](#)
6. [Stockholm Marathon, June](#)
7. [Rotterdam Marathon, April](#)
8. [Paris Marathon, April](#)
9. [Honolulu Marathon, December](#)
10. [Amsterdam Marathon, October](#)

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## The Flora London Marathon

You can enter the London Marathon one of these main ways:

- The Ballot
- By Running for a Charity
- As an elite runner
- By getting a club place through your running club

**The Ballot:** At the beginning of August the Flora London Marathon distributes a free magazine called Marathon News that contains the entry form for the London Marathon. Entries open in August and close by mid October. By the 1<sup>st</sup> week in December applicants are notified of their ballot result. If an applicant is not successful and agrees to donate their entry to charity then an applicant can be entered into a second ballot for a reserved 1000 places.

**Charity:** Another way to run in the London Marathon is to raise money for a chosen charity. For each place in the London Marathon each charity has to pay £250. Therefore to run for a charity you will be expected to raise between £1000 and £1500 to gain a place.

**Elite Runners:** Automatic entry can be applied for any men who can run a marathon in under 2:45 or women who can run a marathon in under 3:15. There is also a sliding entry scale for those who are considered to be good runners for their age bracket.

**Club Places:** Each UK Athletics-affiliated club is guaranteed a number of places dependant upon the number of club members and certain other criteria. These criteria may vary from club to club.

### General Pointers:

- Ensure that you have done appropriate training with sufficient mileage.
- Aim to get plenty of rest in the few days before the race. At this late stage no endurance or speed can be gained or lost. Don't be on your feet all day the day before the race sight seeing or shopping.
- Ensure your clothes and trainers have been worn in and are comfortable.
- Pack a kit bag prior to the race – this can include old clothes or a bin liner that you don't mind depositing.
- Don't run if you are feeling unwell or recently been ill. The Marathon organisers will hold your entry for a year if this applies to you.
- Don't be tempted to start the race quickly or waste energy weaving through the slower runners. Keep to a slower pace at the start of the marathon and use this first mile as a warm up.
- Arrange a suitable place to meet your friends and family at the end of the race as the finishing area is chaos.

**Marathon Training Schedule:**

Ideally give yourself 6 months (26 weeks) to prepare for the marathon. This schedule aimed at an intermediate runner. It has been developed to include options for an inexperienced runner. If you have never run before or have not exercised for a while you need to build up a base of running before you start. In the schedule each week includes:

- non-impact training
- short runs at the pace you hope to run the marathon
- longer runs at a comfortable pace
- some interval running
- strength training
- rest days
- light week every four weeks (when the longer runs have started increasing)
- The distance you are running does not increase more than 10% each week

At Pure Sports Medicine we have found a great deal of running injuries are related to over training. This is why our training schedule includes less running than most and incorporates strength and non-impact sessions. This gives you time to adjust to the increase in mileage. The schedule does not include any hill running because we have found this to be a source of injuries and it is not necessary if your marathon course is not hilly. Fartlek or interval training can be used to add variety to training and improve your fitness (see below for more information). This schedule includes mid week intervals from week 12. But if you are an experienced runner you can include Fartlek or your own intervals to the midweek runs earlier on.

**Optional running base** (4 weeks before start of programme)

Go out twice a week for 30 minutes always on alternate days. Start with a walk of about 5 minutes to warm up. Then continue jogging at a slow pace for as long as you feel comfortable. Break up the running with periods of walking as you need. Gradually build up how much you are jogging on each session. By the end of the 4 weeks try to jog the full 30 minutes. If you have not managed this, don't worry, just continue the walk/ jog for another 2 weeks into the main running programme. If you have completed this running base then follow the mileage on the right side in italics where there are two options.

**Week 1**

Day 1:	run 2 miles light pace	<i>3 miles</i>
Day 2:	strength and balance (see details at the bottom of the schedule)	
Day 3:	run 2 miles light pace (low impact – treadmill/grass)	<i>3 miles</i>
Day 4:	strength and balance	
Day 5:	non-impact (bike, cross-trainer, step machine) 20 minutes at a higher pace	
Day 6:	run 2 miles slightly increased pace	<i>3 miles</i>
Day 7:	rest day	

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## **Week 2**

Day 1:	run 3 miles and slightly increase the pace	
Day 2:	strength and balance 30 minutes	
Day 3:	run 3 miles (low impact – treadmill/grass)	
Day 4:	strength and balance 30 minutes	
Day 5:	30 minutes cross training	
Day 6:	run 3 miles	<i>4 miles</i>
Day 7:	rest day	

## **Week 3:**

Day 1:	run 4 miles
Day 2:	strength and balance 30 minutes
Day 3:	run 4 miles (low impact – treadmill/grass)
Day 4:	strength and balance 30 minutes
Day 5:	40 minutes cross training minutes
Day 6:	run 4 miles
Day 7:	rest day

## **Week 4**

Day 1:	run 5 miles	
Day 2:	strength and balance 30 minutes	
Day 3:	run 5 miles (low impact – treadmill/grass)	<i>4 miles</i>
Day 4:	strength and balance 30 minutes	
Day 5:	40 minutes cross training	
Day 6:	run 6 miles	<i>5 miles</i>
Day 7:	rest day	

## **Week 5:**

Day 1:	run 5 miles (low impact – treadmill/grass)	
Day 2:	strength and balance 30 minutes	
Day 3:	run 6 miles	<i>5 miles</i>
Day 4:	strength and balance 30 minutes	
Day5:	40 minutes cross training	
Day 6:	run 7 miles	<i>6 miles</i>
Day 7:	rest day	

## **Week 6:**

Day 1:	run 5 miles (low impact – treadmill/grass)	
Day 2:	strength and balance 30 minutes	
Day 3:	run 7 miles	<i>5 miles</i>
Day 4:	strength and balance 30 minutes	
Day5:	40 minutes cross training	
Day 6:	run 8 miles	<i>7 miles</i>
Day 7:	rest day	

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**Week 7:**

Day 1:	run 5 miles (low impact – treadmill/grass)	
Day 2:	strength and balance 30 minutes	
Day 3:	run 8 miles	<i>5 miles</i>
Day 4:	strength and balance 30 minutes	
Day 5:	40 minutes cross training	
Day 6:	run 9 miles	<i>8 miles</i>
Day 7:	rest day	

**Week 8:**

Day 1:	run 5 miles (low impact – treadmill/grass)	
Day 2:	strength and balance 30 minutes	
Day 3:	run 9 miles	<i>5 miles</i>
Day 4:	strength and balance 30 minutes	
Day 5:	40 minutes cross training	
Day 6:	run 10 miles	<i>8 miles</i>
Day 7:	rest day	

**Week 9:**

Day 1:	run 5 miles (low impact – treadmill/grass)	
Day 2:	strength and balance 30 minutes	
Day 3:	run 10 miles	<i>5 miles</i>
Day 4:	strength and balance 30 minutes	
Day 5:	40 minutes cross training	
Day 6:	run 11 miles	<i>9 miles</i>
Day 7:	rest day	

**Week 10:**

Day 1:	run 5 miles (low impact – treadmill/grass)	
Day 2:	strength and balance 30 minutes	
Day 3:	run 10 miles	<i>5 miles</i>
Day 4:	strength and balance 30 minutes	
Day 5:	40 minutes cross training	
Day 6:	run 12 miles	<i>10 miles</i>
Day 7:	rest day	

**Week 11:**

Day 1:	run 5 miles (low impact – treadmill/grass)	
Day 2:	strength and balance 30 minutes	
Day 3:	run 10 miles	<i>5 miles</i>
Day 4:	strength and balance 30 minutes	
Day 5:	40 minutes cross training	
Day 6:	run 5 miles timed	<i>11 miles</i>
Day 7:	rest day	

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**Week 12:**

- Day 1: run 5 miles (low impact – treadmill/grass)
- Day 2: strength and balance 30 minutes
- Day 3: run 3 miles warm up, then 2 mins fast, 1 min slow jog recovery.  
Repeat 10 times (this can be swapped with day 1 to go on treadmill if preferred)
- Day 4: strength and balance 30 minutes
- Day 5: 40 minutes cross training
- Day 6: run 13 miles
- Day 7: rest day

**Week 13:**

- Day 1: run 5 miles (low impact – treadmill/grass)
- Day 2: strength and balance 30 minutes
- Day 3: run 3 miles warm up, then 1 min fast, 30 secs slow jog recovery. Repeat 15 times
- Day 4: strength and balance 30 minutes
- Day 5: 40 minutes cross training
- Day 6: run 14 miles
- Day 7: rest day

**Week 14:**

- Day 1: run 5 miles (low impact – treadmill/grass)
- Day 2: strength and balance 30 minutes
- Day 3: run 3 miles warm up, then 2 mins fast, 1 min slow jog recovery. Repeat 10 times
- Day 4: strength and balance 30 minutes
- Day 5: 40 minutes cross training
- Day 6: run 15 miles
- Day 7: rest day

**Week 15:**

- Day 1: run 5 miles (low impact – treadmill/grass)
- Day 2: strength and balance 30 minutes
- Day 3: run 3 miles warm up, then 1 mins fast, 30 secs slow jog recovery. Repeat 15 times
- Day 4: strength and balance 30 minutes
- Day 5: 40 minutes cross training
- Day 6: run 10 miles timed
- Day 7: rest day

**Week 16:**

- Day 1: run 5 miles (low impact – treadmill/grass)
- Day 2: strength and balance 30 minutes
- Day 3: run 3 miles warm up, then 2 mins fast, 1 min slow jog recovery. Repeat 10 times
- Day 4: strength and balance 30 minutes
- Day 5: 40 minutes cross training
- Day 6: run 16 miles
- Day 7: rest day

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**Week 17:**

Day 1: run 5 miles (low impact – treadmill/grass)  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 1 mins fast, 30 secs slow jog recovery. Repeat 15 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 17 miles  
 Day 7: rest day

**Week 18:**

Day 1: run 5 miles (low impact – treadmill/grass) *4 miles*  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 2 mins fast, 1 min slow jog recovery. Repeat 10 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 18 miles  
 Day 7: rest day

**Week 19:**

Day 1: run 5 miles (low impact – treadmill/grass)  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 1 mins fast, 30 secs slow jog recovery. Repeat 15 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 5 miles timed  
 Day 7: rest day

**Week 20:**

Day 1: run 5 miles (low impact – treadmill/grass) *4 miles*  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 2 mins fast, 1 min slow jog recovery. Repeat 10 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 19 miles *18 miles*  
 Day 7: rest day

**Week 21:**

Day 1: run 5 miles (low impact – treadmill/grass) *4 miles*  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 1 mins fast, 30 secs slow jog recovery. Repeat 15 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 20 miles *17 miles*  
 Day 7: rest day

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**Week 22:**

Day 1: run 5 miles (low impact – treadmill/grass) *4 miles*  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 2 mins fast, 1 min slow jog recovery. Repeat 10 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 18 miles *16 miles*  
 Day 7: rest day

**Week 23:**

Day 1: run 5 miles (low impact – treadmill/grass)  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 1 mins fast, 30 secs slow jog recovery. Repeat 15 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 10 miles timed  
 Day 7: rest day

**Week 24:**

Day 1: run 5 miles (low impact – treadmill/grass)  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 2 mins fast, 1 min slow jog recovery. Repeat 10 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 10 miles  
 Day 7: rest day

**Week 25:**

Day 1: run 5 miles (low impact – treadmill/grass)  
 Day 2: strength and balance 30 minutes  
 Day 3: run 3 miles warm up, then 1 mins fast, 30 secs slow jog recovery. Repeat 15 times  
 Day 4: strength and balance 30 minutes  
 Day 5: 40 minutes cross training light pace  
 Day 6: run 10 miles  
 Day 7: rest day

**Week 26:**

Day 1: run 30 minutes moderate pace  
 Day 2: strength and balance 30 minutes  
 Day 3: run 25 minutes light pace (low impact – treadmill/grass)  
 Day 4: strength and balance 30 minutes  
 Day 5: 20 minutes cross training light pace  
 Day 6: rest day and eat easily digestible food high in carbohydrates and sleep well!  
 Day 7: race day – eat about 2-3 hours before the race and prehydrate. Do not experiment with any energy drinks or bars during the race unless you have tried them in your training.

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