

## **STRATHEARN MARATHON**

### **16 WEEK TRAINING PROGRAMME**

So, you've signed up for the 2018 edition of Strathearn marathon (or perhaps you're contemplating it)? Here is a 16-week training programme to have you in good shape come June 10. This programme is suitable for intermediate runners and above. It is designed to build a good base of aerobic fitness early on in the first couple of months, before introducing some faster paced runs towards the end of the programme. The long run for the week has been selected for a Sunday, but if this does not suit your own circumstances, there is no reason you can't change the days to fit in with your circumstances.

Running a marathon is a serious undertaking and every marathon requires proper preparation. This is a serious programme asking you to complete a lot of miles each week in the training process. Training for a marathon can be a lonely experience, so having the support of family and friends over the weeks and months before race day is important. Some of your training runs will be a few hours long, so it's a great help if you can run with a training buddy. Better still, get a friend to train and run the marathon with you! There will be times when you find it hard to get out of the door, so having a training buddy to keep you going you can make all the difference.

There are no race pace runs in the training programme. The Strathearn marathon is a great route, but it's hilly and you won't run at a consistent pace for each mile – you'll slow down going up, but there are also some great downhill stretches where your pace will quicken.

Tuesday and Friday have been left aside as rest days. Resting and recovering is vitally important with any training regime. It allows for adaptation of muscles after hard training sessions and for your energy levels to rise again. Rest days also lower your fatigue level and risk of injury.

As with any run, please ensure you have done an adequate warm up and loosening stretches before starting any run. And at the completion of your run, getting into a routine of whole body stretching is advisable.

This training programme has been prepared by Andy at Slàinte Mhath Fitness. Andrew is a qualified personal trainer and athletics coach and has a marathon pb of 3.29.26.

# Strathearn Harriers

The club for runners in  
the Crieff & Comrie  
area of Perthshire

Week	Week beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly total (miles/km)
1	19 Feb	3 miles 5 km	REST	4 miles 6.5 km	S & C	REST	3 miles + S & C 5 km	6 miles 10 km	16 26.5
2	26 Feb	3 miles 5 km	REST	4 miles 6.5 km	S & C	REST	4 miles + S & C 6.5 km	8 miles 13 km	19 31
3	5 Mar	3 miles 5 km	REST	5 miles 8 km	S & C	REST	4 miles + S & C 6.5 km	10 miles 16 km	22 35.5
4	12 Mar	4 miles 6.5 km	REST	5 miles 8 km	S & C	REST	5 miles + S & C 8 km	12 miles 19 km	26 41.5
5	19 Mar	4 miles 6.5 km	REST	6 miles 10 km	S & C	REST	5 miles + S & C 8 km	10 miles 16 km	25 40.5
6	26 Mar	4 miles 6.5 km	REST	6 miles 10 km	S & C	REST	6 miles + S & C 10 km	14 miles 22 km	30 48.5
7	2 Apr	5 miles 8 km	REST	6 miles 10 km	S & C	REST	6 miles + S & C 10 km	16 miles 26 km	33 54
8	9 Apr	5 miles 8 km	REST	6 miles 10 km	S & C	REST	7 miles + S & C 11 km	18 miles 29 km	36 58
9	16 Apr	5 miles 8 km	REST	6 miles 10 km	4 miles + S & C 6.5 km	REST	5 miles + S & C 8 km	14 miles 22 km	34 54.5
10	23 Apr	6 miles 10 km	REST	7 miles 11 km	4 miles + S & C 6.5 km	REST	5 miles + S & C 8 km	18 miles 29 km	40 64.5
11	30 Apr	6 miles 10 km	REST	7 miles 11 km	4 miles + S & C 6.5 km	REST	5 miles + S & C 8 km	20 miles 32 km	42 67.5
12	7 May	6 miles 10 km	REST	8 miles 13 km	4 miles + S & C 6.5 km	REST	8 miles + S & C 13 km	20 miles 32 km	46 74.5
13	14 May	6 miles 10 km	REST	8 miles 13 km	4 miles + S & C 6.5 km	REST	8 miles + S & C 13 km	22 miles 35 km	48 77.5
14	21 May	4 miles 6.5 km	REST	4 miles 6.5 km	4 miles + S & C 6.5 km	REST	4 miles + S & C 6.5 km	14 miles 22 km	30 48
15	28 May	3 miles 5 km	REST	3 miles 5 km	REST	REST	3 miles 5 km	12 miles 19 km	21 34
16	4 June	2 miles 3 km	REST	2 miles 3 km	REST	REST	REST	Race day	

Purple: recovery runs

Orange: midweek run

Blue: long run

Green: moderate paced run

Red: speed work

**Purple runs:** These are recovery runs the day after your long run. They should be of a very easy nature on a fairly unchallenging course (not too hilly!). The purpose of the recovery runs is to turn your legs over and work out any stiffness.

**Orange runs:** Midweek runs. You should try to include some hill work to develop strength in your legs. This can be done by running a challenging hilly route, or by building some hill reps into your run. For the hill reps, find a decent hill and simply run reps up and down. The number of reps may vary, depending on the length of the hill, but you should aim for at least 6 reps of 2 minutes each.

**Blue runs:** Blue runs are your long runs, and are mostly scheduled to be run on Sunday (although some of the Saturday runs are also colour coded blue. These runs should be run at an easy tempo (where ideally you could hold a conversation with someone). As with your midweek runs, it's a good idea to take in some hills, to help build some strength, but also as part of route preparation. It's no secret we have hills on the Strathearn Marathon and good preparation is key. (Fail to prepare; prepare to fail! Practice those hills ... running hills in any training regime is sensible.) Where you can, use trails for these runs rather than roads - it's kinder on your body and you will become stronger for it. And let's face it, running on nice country trails in Scotland is so much better than running on roads!

**Green runs:** Moderate paced runs. These only kick in on the second half of the programme. You can use the same routes as for similar distance midweek and recovery runs, but make a point of running them a bit harder and faster. Incorporate hill reps or hill work into these runs

**Red run:** Speed work. Using a football field or an area in a local park, for example, run some fartlek-style runs. Use 2 long sides for fast paced running and the short sides for easy paced recovery. The whole session should last for about 25-30 minutes. Alternatively you could run 12 x 2 minutes with 1 minute jog recovery intervals. Begin these runs with a nice 1 mile warm up run at an easy pace and finish with the same 1 mile run at easy pace.

Although the training programme shows activities through each week until race day, don't panic if you can't stick to it exactly. There will be times when life gets in the way and you can't find time for your running. If you miss a session, move on and pick up at the next session. The only real exception is with your long runs - you really do need to get these done. It's okay to maybe miss one or two, but try not to miss two on succession.

## Strength and conditioning

A balanced training programme should include some strength and conditioning work. This bodyweight circuit is recommended to complement all the run training. Some exercises include the use of a gym ball. If you do not have one, they are relatively inexpensive to purchase, and most of the exercises can be done without the ball if you prefer.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
2 x 30 seconds each exercise.	2 x 35 seconds each exercise	2 x 40 seconds each exercise	2 x 45 seconds each exercise	2 x 50 seconds each exercise	2 x 55 seconds each exercise	2 x 60 seconds each exercise	2 x 60 seconds each exercise

Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
3 x 45 seconds each exercise	3 x 50 seconds each exercise	3 x 55 seconds each exercise	3 x 60 seconds each exercise	3 x 60 seconds each exercise	3 x 60 seconds each exercise		

**Split squat:** Split leg stance, moving up and down horizontally. Use of chair or bench optional, however it allows a deeper squat.



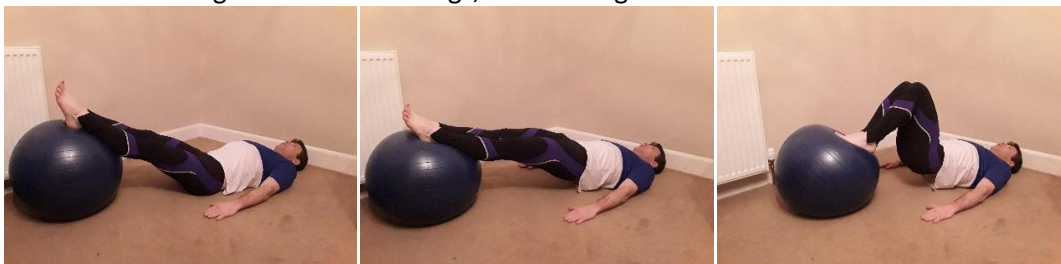
**Single leg calf raise:** Standing on 1 leg, rise up by contracting your calf muscle. Relax muscle to descend. Do this exercise barefoot to add an extra dimension of stability.



**Single leg deadlift:** Standing upright in a sprinter stance. In a controlled manner, hinge at hips, extending leg behind you and torso going forwards. This allows your hamstring and glutes to extend fully. Squeeze/ contract your glutes and hamstring to bring you upright again. (It's important to keep a flat/ neutral back alignment)



**Glute bridge into Hamstring curl:** Lying on floor, squeeze glutes to bring your hips up, pause, then contract hamstrings. Extend hamstrings, then relax glutes.



**Double leg lower and raise:** Starting with legs raised at 90°, lower legs to 1-2 inches from the ground, then pick them up again. (Try to have legs as straight as possible)



**Crunch:** Sitting on gym ball, using abdominals to raise you up, pause, then relax. (A narrower foot stance will make this exercise more challenging)



**Back extension:** Lying prone on the ball, engage core to extend back and lift yourself up, pause, then relax.



**V sit:** Starting with ball between your feet, engage core to sit up. Pass ball from feet to hands. Relax and extend body in a controlled manner.



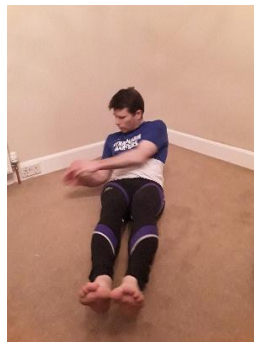
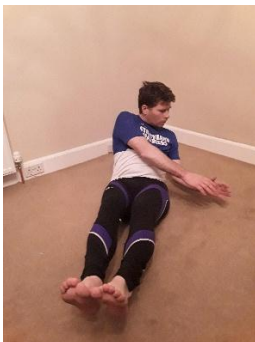
**Plank:** Forearms on ball, keeping clearance from body. Engage core and glutes to hold position.



**Gym ball roll out:** Kneeling with forearms on ball, roll ball away from you, extending body forwards, engage core. Keep back in safe neutral alignment. Return to starting position.



**Russian twist**



**Jack knife**

