

TRAINING PLAN MARATHON - SUB 4



WEEK
1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CROSS TRAINING OR REST + CORE	PROGRESSION RUN	EASY RUN or CROSS TRAINING + CORE	EASY-STEADY RUN	REST DAY	CONTINUOUS HILLS	LONG RUN
30 mins Aerobic cross training RPE: 6 HR: 60-70%	30 mins 10 mins easy run RPE: 6 HR: 60-70% 10 mins steady RPE: 7 HR: 70-80% 10 mins threshold RPE: 8 HR: 80-85%	30-40 mins Easy run or cross training RPE: 6 HR: 60-70%	45 mins Easy-steady run RPE: 6-7 HR: 70-80%	Rest day Crucial to adapting to your training sessions	40 mins 3 x 5 mins of continuous hills 2 mins rest between sets RPE: 8 HR: 80-85%	70-80 mins Easy-steady run RPE: 7 HR: 65-75%

WEEK
2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CROSS TRAINING OR REST + CORE	PROGRESSION RUN	EASY RUN or CROSS TRAINING + CORE	EASY-STEADY RUN	REST DAY	CONTINUOUS HILLS	LONG RUN
30 mins Aerobic cross training RPE: 6 HR: 60-70%	45 mins 15 mins easy run RPE: 6 HR: 60-70% 15 mins steady RPE: 7 HR: 70-80% 15 mins threshold RPE: 8 HR: 80-85%	30-40 mins Easy run or cross training RPE: 6 HR: 60-70%	45 mins Easy-steady run RPE: 6-7 HR: 70-80%	Rest day	45 mins 4 x 5 mins of continuous hills 2 mins rest between sets RPE: 8 HR: 80-85%	80-90 mins Easy-steady run RPE: 6-7 HR: 65-75%

WEEK
3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CROSS TRAINING OR REST + CORE	THRESHOLD RUN	EASY RUN or CROSS TRAINING + CORE	EASY-STEADY RUN	REST DAY	CONTINUOUS HILLS	LONG RUN
30 mins Aerobic cross training RPE: 6 HR: 60-70%	50 mins 10%/5 mins at threshold effort 2 mins jog recovery RPE: 8 HR: 80-85%	40 mins Easy run or cross training RPE: 6 HR: 60-70%	50-60 mins Easy-steady run RPE: 6-7 HR: 70-80%	Rest day	45 mins 2 x 10 mins of continuous hills 2 mins rest between sets RPE: 8 HR: 80-85%	100 mins Easy-steady run HR: 65-75%

WEEK
4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	PROGRESSION RUN	EASY RUN or CROSS TRAINING + CORE	EASY-STEADY RUN	REST DAY	PARK RUN	LONG RUN
Rest day This is a lighter week to allow you to adapt to the training you've banked so far	45 mins 15 mins easy run RPE: 6 HR: 60-70% 15 mins steady RPE: 7 HR: 70-80% 15 mins threshold RPE: 8 HR: 80-85%	30 mins Easy run or cross training RPE: 6 HR: 60-70%	30 mins Easy-steady run RPE: 6-7 HR: 70-80%	Rest day	Park run or self-timed 5K	70-80 mins Easy-steady run RPE: 7 HR: 70-75%

USING THE PLANS

This page outlines the key elements of the plans

EASY RUN

30 mins
Easy run

RPE: 6
HR: 60-70%

The type of session you'll be running today

The colour shows the key HR zone you'll work today

This section gives you details of volume and effort through Rate of Perceived Exertion (RPE) and Heart Rate (HR) as a % of Maximum HR (MHR).

- INTERVAL RUNNING:** This effort will see you running at 8-10K pace. Up to 5-10/10 running effort.
- CONTINUOUS HILLS & THRESHOLD RUNNING:** Continuous hills - run up and down a stretch of hill or a hilly loop at threshold effort. 8/10 running effort. This is a pace where you could only speak 3-4 words at a time.
- MARATHON PACED RUNS:** These runs will get you used to running at race pace.
- STEADY RUNNING:** A bit quicker than your easy running pace.
- EASY RUNNING:** Recovery and easy running between 60-70% MHR. You should be running at the speed of chat. 5-6/10 effort.
- REST:** This would include non-running activities such as walking and some core and gym work.
- CORE TRAINING**

RUNNER'S

Mission To Marathon

Mark Steyvers



Mission To Marathon:

Mission to Marathon Geoffrey Trease, 2012-04-26 A story set in Ancient Greece When news reaches Athens that Persian ships are about to invade Greece at Marathon Philip knows that his uncle and grandmother are in great danger As his brothers and father are busy preparing for war he is the only one who can cross the mountains and warn his family The race is on but will he reach them in time *Journal of the ... Annual Convention of the Diocese of Central New York ...* ,1912

Mission Life; Or Home and Foreign Church Work ,1870 *Mission Life* ,1870 The Official Catholic Directory for the Year of Our Lord ... ,1916 **Downed Allied Airmen and Evasion of Capture** Herman Bodson, 2005-09-27 This volume deals specifically with escape and evasion in the Netherlands Belgium and France an operation in which the author himself was directly involved and discusses the role which these lines of escape played in the lives of airmen who were forced to bail out over enemy territory He describes the ever present risks the often nameless patriots faced such as the danger of exposure and the threat of traitorous infiltration Specific lines are traced geographically and their main participants discussed Special emphasis is placed on the role of women in this resistance operation Throughout the book the reader benefits not only from the author s own personal recollections but also from his later on location research The final chapter concludes with statistical information directly related to this little known aspect of World War II Appendices include lists of the airmen helped by the resistance movement **The Official Catholic Directory and Clergy List** ,1906 **The Catholic Directory, Almanac and Clergy List** ,1900 *The Official Catholic Directory* ,1921 **A Directory of Catholic Churches in Wisconsin** Wisconsin Historical Records Survey, 1942 **Publication** ,1991 Infantry ,1999 **Runner's World** ,2006-06 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling Federal Register ,1977-12 Essential Guide to Training for Your First Marathon Joe Donovan, 2009-02-20 At 26.2 miles the marathon distance seems vastly out of reach for even the most avid runners In this book Joe Donovan prepares you mentally and physically for the challenge and helps you condition and train for your first marathon *Wisconsin Traffic Safety Reporter* ,1956 *Biography of Terry Fox* Nicky Huys, 2025-02-17 Biography of Terry Fox tells the inspiring story of a young man who transformed personal tragedy into a powerful message of hope and determination Diagnosed with bone cancer at just 18 Terry faced immense challenges including the loss of his leg Undeterred he launched the Marathon of Hope a cross Canada run to raise money for cancer research capturing the hearts of millions This biography delves into his life exploring his childhood his battle with illness and the legacy he left behind It highlights not only his athletic achievements but also his unwavering spirit and commitment to making a difference Through personal anecdotes interviews and historical context readers will gain a deeper understanding of Terry s impact on cancer awareness and fundraising This book serves as a tribute to his remarkable journey and inspires readers to overcome their own obstacles reminding us all of the power of hope and resilience **History of Genesee County, Michigan** Franklin

Ellis, 1879 *The Divine Missions* Adonis Vidu, 2021-12-24 Christian theology affirms that the persons of the Son and the Holy Spirit are sent into the world to gather a scattered and rebellious humanity back to God. But how are we to understand these divine missions given that the Son and the Spirit have already been present in the world from its foundation? Moreover, in what sense are they on a mission if they never leave the unity of the Trinity? In this volume Vidu introduces us to the profound riches of this ancient and foundational doctrine. With ample illustration he explains the technical concepts, the operative principles, and he clarifies the historical and contemporary debates. In the process a constructive theology emerges where the category of divine missions frames topics such as the incarnation and life of Christ, his atoning death and ascension, the Pentecostal outpouring of the Spirit, the invisible indwelling of the Spirit, and finally the eschatological beatific vision.

The Baptist Home Mission Monthly, 1905

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