

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes	Miles est.
1	25-Jul Rest / Crosstrain	26-Jul Club session	27-Jul Rest	28-Jul 45 min (ST)	29-Jul Rest	30-Jul 60 min session Doneraile. Hilly	31-Jul 12 miles (LR)	Easy week to start this 14 week program	28
2	01-Aug Rest / Crosstrain	02-Aug Club session	03-Aug Crosstrain	04-Aug Club session. Easy run with the club	05-Aug Rest	06-Aug 8k Streets of Galway	07-Aug Rest	Crosstrain on the Wednesday is important. Over the 14 weeks Wednesday night will become important for that extra fitness	20
3	08-Aug 10 miles (ER)	09-Aug Club session	10-Aug Rest	11-Aug 15 min warm up 3 x 5min 3min recovery 15 min cool down	12-Aug Rest	13-Aug 20 min slow run	14-Aug Clonmel Half Marathon	We start the week with your easy run. The last run of the week will give you an idea of how your fitness is at this time and you can set a level for yourself for the coming weeks.	35
4	15-Aug Rest	16-Aug 5k (RR)	17-Aug 30 minutes easy running	18-Aug Yasso 800's. Qty 6	19-Aug Rest	20-Aug 60 min session Doneraile. Hilly	21-Aug 17 miles (LR)	First of your big build up weeks. The Yasso 800's will be explained on the night at the club session. If you cant make the Doneraile run on Saturday you should try to get out for at run for the same period of time.	37
5	22-Aug Rest / Crosstrain	23-Aug Club session	24-Aug Rest	25-Aug 50 minutes steady run or 5 mile race	26-Aug Rest	27-Aug 60 min session Doneraile. Hilly	28-Aug 20 miles (LR)	First 20 mile week. This is the end of phase 1 and you have reached the magic 20 mile distance. DO NOT WORRY HOW LONG THIS TAKES.	40
6	29-Aug Rest / Crosstrain	30-Aug Club session	31-Aug 35 minutes (ST)	01-Sep 20 min warm up 4 x 5min 3min recovery 20 min cool down	02-Sep Rest	03-Sep 65 min session Doneraile. Hilly	04-Sep 15 miles (LR)	Drop back week. Time to recharge the battery's and start to build up. During this phase you will have another half marathon and its important measure of how your training is progressing. Thursday nights session is important. The 4 x 5min should be controlled and run at your 10 mile race pace. the warm up and cool down should be at target Marathon pace.	37
7	05-Sep Rest / Crosstrain	06-Sep Club session	07-Sep 45 minutes (ST)	08-Sep Club Session	09-Sep Rest	10-Sep 70 min session Doneraile. Hilly	11-Sep 17 miles (LR)	Build up once again. This is quite a tough week and we will do a mini taper up to the charleville half after this week	40
8	12-Sep Rest / Crosstrain	13-Sep Yasso 800's. Qty 7	14-Sep 50 minutes (ST)	15-Sep Easy 35 minute run	16-Sep Rest	17-Sep 20 minute jog	18-Sep Charleville half marathon	Race week. 2 mile very easy warm up before the half marathon. Down to charleville train station and back.	35
9	19-Sep Rest	20-Sep 5k (RR)	21-Sep 55 minutes (ST)	22-Sep 30 min warm up 5 x 5min 3min recovery 30 min cool down	23-Sep Rest	24-Sep 70 min session Doneraile. Hilly	25-Sep 19 miles (LR)	last hard training phase. Over the next 3 weeks we will build up 20 once again and also do a 15 mile race in the middle. Mid week also increases but after this phase we start out taper.	42
10	26-Sep Rest	27-Sep Club session	28-Sep 60 minutes (ST)	29-Sep Club session	30-Sep 20 minutes easy run	01-Oct Rest	02-Oct Cork to Cobh	Race week. Once again we will pull back a bit on our intensity as we have a race but we will still put in the sessions.	37
11	03-Oct Rest	04-Oct 5k (RR)	05-Oct 75 minute (ST)	06-Oct Yasso 800's. Qty 8	07-Oct Rest	08-Oct 40 minute easy run	09-Oct 20 Miles (LR)	Last of the 20 mile runs. This should be used as a practice for the big day. Clothes and nutrition will be practiced on this run. More detail as we get closer.	43
12	10-Oct Rest / Crosstrain	11-Oct Club session	12-Oct 60 minute (ST)	13-Oct 20 min warm up 5 x 5min 3min recovery 20 min cool down	14-Oct Rest	15-Oct 40 minutes hilly run	16-Oct 12 Miles (LR)	Taper phase. Mileage starts to cut back for the next 3 weeks. We keep our intensity for the next 10 days but cut back on distance and time	33
13	17-Oct Rest / Crosstrain	18-Oct Club session	19-Oct Rest	20-Oct Club session	21-Oct Rest	22-Oct 20 minute easy run Doneraile	23-Oct 10 miles (LR)	Taper time.	20
14	24-Oct Rest	25-Oct Easy club jog. 20 minutes	26-Oct Rest	27-Oct Easy club jog. 20 minutes	28-Oct Rest	29-Oct 15 minute jog	30-Oct Dublin Marathon	Rest and sleep as much as possible this week. Just keep the body ticking over	8
RR = Recovery run ST = Steady run LR = Long run Rest / Crosstrain This is a run closely after a race in the program. Its very easy and just gets the legs moving again after a hard race. Usually in the middle of the week. Run with more pace then a Sunday but should be able to talk. Always best to do with somebody else Usually for a Sunday in the program. Nice easy run where you chat with somebody and get time on the legs Go for a walk or a cycle or even a swim. Mix things up as you don't need to run every day in this schedule									