



BROOKS SNOWDONIA MARATHON TRAINING PLAN

24 weeks to go...

W/C	DAY						
	1	2	3	4	5	6	7
10.5.15	Rest	Rest	5-6 mile fartlek	Rest	5-6 mile tempo	Rest	9-10 miles steady
17.5.15	Rest	Rest	5-6 mile fartlek	Rest	5-6 mile tempo	Rest	9-10 miles steady
24.5.15	Rest	Rest	5-6 mile fartlek	Rest	6-7 mile tempo	Rest	10-11 miles steady
31.5.15	Rest	Rest	60-90 min cross-train	Rest	4-5 mile jog	Rest	5-6 miles steady
7.6.15	Rest / 2-3 miles easy	Rest	5-6 mile fartlek	Rest	6-7 mile tempo	Rest	11-12 miles steady
14.6.15	Rest / 2-3 miles easy	Rest	5-6 mile fartlek	Rest	7-8 mile tempo	Rest	12-13 miles steady
21.6.15	Rest / 2-3 miles easy	Rest	4 mile jog	Rest	7-8 mile tempo	Rest	12-13 miles steady
28.6.15	Rest	Rest	60-90 min cross-train	Rest	3-4 mile jog	Rest	5-6 miles steady
5.7.15	Rest / 3-4 miles easy	Rest	5-6 mile fartlek	Rest	7-8 mile tempo	Rest	12-13 miles steady
12.7.15	Rest / 3-4 miles easy	Rest	6-7 mile fartlek	Rest	8 mile tempo	Rest	13-14 miles steady
19.7.15	Rest / 3-4 miles easy	Rest	6-7 mile fartlek	Rest	8 mile tempo	Rest	14-15 miles steady
26.7.15	Rest	Rest	4-5 miles easy	Rest	60-90 min cross-train	Rest	7-8 miles steady

www.snowdoniamarathon.co.uk | @marathoneryri
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Explanation of Terms

REST / EASY SESSION

At the beginning of the week and often the day after your long run, a rest day or easy session will be suggested. The choice of whether you put your feet up or head out for a gentle few miles is very much up to you and how you feel. Some runners find they benefit from an easy jog the day after a long run, whilst others prefer to rest up completely. Listen to your body and do what suits you.

FARTLEK SESSIONS

Fartlek sessions are training runs where you vary the pace of your session in a random fashion. For example, during a 5 mile fartlek session, you may choose to jog gently to warm up for 1 mile and then throw in some quick bursts of speed for anywhere from 30 seconds to 5 minutes. Feel free to vary the increase of your run as often as you like and use a variety of measure from time to landmarks.

Fartlek sessions are a fantastic way to include interval training in your programme as a fun and random method. While some runners prefer the more rigid structure of interval sessions, fartlek sessions are less strict and let you dictate when you feel like increasing the intensity.

To mix things up further, there is no harm in replacing a fartlek session with an interval session. A good example would be to run 4 x 1 mile, with 5 mins rest in-between intervals.

TEMPO SESSIONS

Tempo sessions are a great way to encourage the body to increase your resistance to fatigue. The pace of these training runs is sometimes tricky to get right initially, but over time you'll get to know your natural "tempo pace". As a rough guide, your tempo pace should feel "comfortably hard." At the end of a tempo run, you should feel appreciative that you can stop, but not so tired that you collapse in a heap on the floor.

LONG STEADY RUNS

Usually performed at the weekend, your long "steady" paced runs should be run at a relaxed pace and one which you can easily hold a conversation. The exact pace of a "steady pace" run is to a degree up to the individual runner, but it should feel comfortable and not exhaustive. Resist the temptation to run your steady paced sessions too quick as you may end up too tired to perform subsequent training runs later in the week.

CROSS TRAINING

Cross training is an excellent way to give your leg muscles a bit of a break, yet keep your heart and lungs working and well-conditioned. Feel free to include more than one cross training session into your plan in the week and do anything from cycling, to indoor rowing to swimming.

If you are injured or are in two minds whether it's sensible to run, then swap a training run for a cross training session.

REST

Rest means rest. Training can get very addictive and many runners are not good at taking rest days, but it is incredibly important that you do. It is during your rest days that your body rebuilds damaged muscle fibres and encourages the adoption to your training. Without adequate rest you can end up injured or fail to adapt properly to training.