



# BROOKS SNOWDONIA MARATHON TRAINING PLAN

24 weeks to go...

W/C	DAY						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15th May	Rest	Rest	5-6 Mile fartlek	Rest	5-6 mile tempo	Rest	9-10 miles Steady
22nd May	Rest	Rest	5-6 Mile fartlek	Rest	5-6 mile tempo	Rest	9-10 miles Steady
29th May	Rest	Rest	5-6 Mile fartlek	Rest	6-7 mile tempo	Rest	10-11 miles Steady
5th June	Rest	Rest	60-90 min Cross-Train	Rest	4-5 mile jog	Rest	5-6 miles Steady
12th June	Rest / 2-3 miles easy	Rest	5-6 Mile fartlek	Rest	6-7 mile tempo	Rest	11-12 miles Steady
19th June	Rest / 2-3 miles easy	Rest	5-6 Mile fartlek	Rest	7-8 mile tempo	Rest	12-13 miles Steady
26th June	Rest / 2-3 miles easy	Rest	4 mile jog	Rest	7-8 mile tempo	Rest	12-13 miles Steady
3rd July	Rest	Rest	60-90 min Cross-Train	Rest	3-4 mile jog	Rest	5-6 miles Steady
10th July	Rest / 3-4 miles easy	Rest	5-6 Mile fartlek	Rest	7-8 mile tempo	Rest	12-13 miles Steady
17th July	Rest / 3-4 miles easy	Rest	6-7 Mile fartlek	Rest	8 mile tempo	Rest	13-14 miles Steady
24th July	Rest / 3-4 miles easy	Rest	6-7 mile fartlek	Rest	8 mile tempo	Rest	14-15 miles Steady
31st July	Rest	Rest	4-5 miles easy	Rest	60-90 min Cross-train	Restw	7-8 miles steady



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## Explanation of Terms

This is a crucial part of your training as this period will build on the first 3 months; your body will be encouraged to become more resistant to fatigue and improve your ability to tolerate longer periods of running. Feel free to adjust the intensity and distance of the sessions according to how you are feeling, using the distances indicated in the plan as a guide.

During this period of training, try and ensure you include some hills in your fartlek, tempo and long runs. They don't necessarily need to be in the same week, but it's important to train your legs and lungs to tolerate running uphill - after all, you'll have to do it on race day!

### REST / EASY SESSION

At the beginning of the week and often the day after your long run, the training plan suggests that you either have a rest day or head out for an "easy jog." 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, but 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 measurements including time and landmarks. So after a few quick bursts of speed for 60 seconds and resting for a time period of your choice, you may see a lamp-post in the distance and choose to increase your pace until you reach it.

Fartlek sessions are a fantastic way to include interval training in your programme, but in a fun and random way. Although some runners prefer the more rigid structure of interval sessions, fartlek sessions are less strict and allow you to dictate increases in 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 fantastic 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 where your natural "tempo pace" is. 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 at a relaxed pace and one at 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 it can then result in being too tired to perform subsequent training runs later in the week.



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### **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. You can 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 about 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. During your rest days your body rebuilds damaged muscle fibres and actually encourage the adoption to your training, so without adequate rest you can end up injured or fail to adapt properly to training.