Week 01:
- **Session 01**: Jogging 50 min in respiratory ease
- **Session 02**: Fractioned 30 min warm-up + 6x2 min at medium intensity 2 min recovery slow jog Calm pace 10 min
- **Session 03**: Long outing 1 h 30 min in respiratory ease

**Coach’s Advice**

In respiratory comfort, you must be able to speak while running. The training is at low intensity. The fractionated is more intense but the pace must remain balanced and controlled, with moderate shortness of breath.

Week 02:
- **Session 01**: Jogging 55 min in respiratory ease
- **Session 02**: Fractioned 30 min warm-up + 5x2 min at medium intensity 2 min recovery slow jog Calm pace 10 min
- **Session 03**: Long outing 1 h 40 min in respiratory ease

**Coach’s Advice**

The duration of the long outing increases a week to week, to build the essential endurance base. If necessary, you can even alternate walking and running during the first few sessions.

Week 03:
- **Session 01**: Jogging 1 h 00 min in respiratory ease
- **Session 02**: Fractioned 30 min warm-up + 4x5 min at medium intensity 2 min 30 recovery slow jog Calm pace 10 min
- **Session 03**: Long outing 1 h 50 min in respiratory ease

**Coach’s Advice**

Take advantage of the long outings to test the equipment you want to use during the race. Also remember to test your supplies (energy gels for example).

Week 04:
- **Session 01**: Jogging 45 min in respiratory ease
- **Session 02**: Fractioned 30 min warm-up + 8x1 min at medium intensity 2 min recovery slow jog Calm pace 10 min
- **Session 03**: Long outing 1 h 20 min in respiratory ease

**Coach’s Advice**

With fractioned training, shortness of breath is important: the effort is intense but it must remain under control! As usual, the distance covered with each effort must be relatively constant.
<table>
<thead>
<tr>
<th>WEEK 05</th>
<th>WEEK 06</th>
<th>WEEK 07</th>
<th>WEEK 08</th>
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<tbody>
<tr>
<td><strong>Session 01</strong> JOGGING</td>
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<tr>
<td>1h00 in respiratory ease</td>
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<td><strong>Session 02</strong> FRACTIONED</td>
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<td><strong>Session 02</strong> FRACTIONED</td>
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<tr>
<td>30min warm-up 6min/5min/4min/3min/2min at medium intensity  Recovery - half of the effort time slow trot  Calm pace 10min</td>
<td>30min warm-up 6min/4min/4min/3min/2min at medium intensity  Récupération de 3min au trot lent  Calm pace 10min</td>
<td>30min warm-up 2min/4min/6min/4min/2min at medium intensity  Recovery - half of the effort time slow trot  Calm pace 10min</td>
<td>30min warm-up 10x1min at medium intensity  Récupération de 2min au trot lent  Calm pace 10min</td>
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<tr>
<td><strong>Session 03</strong> LONG OUTING</td>
<td><strong>Session 03</strong> LONG OUTING</td>
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<td>2h00min in respiratory ease</td>
<td>2h10min in respiratory ease</td>
<td>2h20min in respiratory ease</td>
<td>1h30min in respiratory ease</td>
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</table>

**COACH’S ADVICE**

We’re starting the most intense weeks of the plan, don’t give up! To recover, remember to eat and drink plenty between sessions. Your quality of sleep is also very important.

**COACH’S ADVICE**

Go on long outings with something to drink, to get used to drinking during exercise and avoid cramps. Favours small regular quantities.

**COACH’S ADVICE**

Long outings are made to build a solid foundation for endurance. During training, never attempt to run the distance you would like to run in the competition, you may have a hard time recovering, and you may get injured by doing to many sessions, afterwards.

**COACH’S ADVICE**

With fractioned training, remember to stay relaxed and focused on maintaining a fluid and efficient running technique. You must finish by feeling tense of extenuated.
Specific Physical Preparedness
3 training sessions per week for 12 weeks

WEEK 09

Session 01: Jogging
1h00 in respiratory ease

Session 02: Fractioned
30min warm-up + 3x10min at medium intensity
3min recovery slow jog
Calm pace 10min

Session 03: Long outing
2h30min in respiratory ease

WEEK 10

Session 01: Jogging
1h00 in respiratory ease

Session 02: Fractioned
30min warm-up + 3x10min at medium intensity
3min recovery slow jog
Calm pace 10min

WEEK 11

Session 01: Jogging
45min in respiratory ease

Session 02: Fractioned
30min warm-up + 10x30sec fast
1min recovery slow jog
Calm pace 10min

Session 03: Long outing
1h15min in respiratory ease

WEEK 12

Session 01: Jogging + Straight lines
30min in respiratory ease + 5x20sec in progressive acceleration
Recovery by walking back to the starting point

Session 02: Day before competition
20min warm-up + 3x20sec in progressive acceleration
Recovery by walking back to the starting point

Session 03: Competition

COACH’S ADVICE
The final stretch, you’ve got to hold on! The long exit is the longest in the program. For the next 72 hours, remember to refill on carbohydrates at each meal, but in normal amounts, foods that are rich in slow sugars.

COACH’S ADVICE
The last long outing, the last opportunity to test the shoes you will wear the day. It’s forbidden to change them up to two weeks before the marathon to avoid any problems related to wearing new shoes.

COACH’S ADVICE
Now you’ve put in all the work, let’s move on to the pre-competitive release phase! You mustn’t try to do anymore, or to make up for any missed sessions. It’s better to have one less session than one too many!

COACH’S ADVICE
This is it! If you don’t want to make it hard on yourself at the end of the race don’t start off fast. The marathon really begins on the 28th km. And above all, enjoy yourself! Your 1st marathon is an adventure that will last a lifetime!

Training plan designed for novice runners, unfamiliar with fractions or technical notions of running training and starting with a marathon for the first time. First imperative precaution before starting training: make an appointment with a sports doctor and take an exercise test. The coach: Olivier Gaillard, 2nd degree FFA Hors Stade coach, Urban Running coach, 1h09 in half marathon, 2h32 in marathon.