<table>
<thead>
<tr>
<th>WEEK 01</th>
<th>WEEK 02</th>
<th>WEEK 03</th>
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<tbody>
<tr>
<td><strong>Session 01</strong></td>
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<td>JOGGING</td>
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<td>45min in respiratory ease</td>
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<tr>
<td>30min warm-up + 6 to 8x20sec fast on hillside</td>
<td>30min warm-up + 10x20sec fast on hillside</td>
<td>30min warm-up + 8x30sec fast on hillside</td>
<td>30min warm-up + 10x15sec fast on hillside</td>
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<tr>
<td>Recovery by going back to the starting point</td>
<td>Recovery by going back to the starting point</td>
<td>Recovery by going back to the starting point</td>
<td>Recovery by going back to the starting point</td>
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<tr>
<td>Calm the pace 15min</td>
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<td>LONG OUTING</td>
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<tr>
<td>1h00min in respiratory ease</td>
<td>1h10min in respiratory ease</td>
<td>1h20min in respiratory ease</td>
<td>1h00min in respiratory ease</td>
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</tbody>
</table>

**COACH’S ADVICE**

For session of hill running, focus on the warm-up and then find a moderate hill to climb quickly. The distance for each effort must remain constant. So, you have to manage yourself!

**COACH’S ADVICE**

Joggings and long outings must be low-intensity training. You must be able to talk without any problem while running!

**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.

**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.
### 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.

### 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.

### 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).

### 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.
### WEEK 9

**Session 01**  
**JOGGING**  
1h00 in respiratory ease

**Session 02**  
**FRACTIONED**  
30min warm-up  
6min/5min/4min/3min/2min at medium intensity  
Recovery - half of the effort time slow trot  
Calm the pace 10min

**Session 03**  
**LONG OUTING**  
2h00min in respiratory ease

#### 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.

### WEEK 10

**Session 01**  
**JOGGING**  
1h00 in respiratory ease

**Session 02**  
**FRACTIONED**  
30min warm-up  
+ 4x6min at medium intensity  
3min recovery slow jog  
Calm the pace 10min

**Session 03**  
**LONG OUTING**  
2h10min in respiratory ease

#### 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.

### WEEK 11

**Session 01**  
**JOGGING**  
1h00 in respiratory ease

**Session 02**  
**FRACTIONED**  
30min warm-up  
2min/4min/6min/4min/2min at medium intensity  
3min recovery slow jog  
Calm the pace 10min

**Session 03**  
**LONG OUTING**  
2h20min in respiratory ease

#### 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.

### WEEK 12

**Session 01**  
**JOGGING**  
45min in respiratory ease

**Session 02**  
**FRACTIONED**  
30min warm-up  
+ 10x1min at medium intensity  
2min recovery slow jog  
Calm the pace 10min

**Session 03**  
**LONG OUTING**  
1h30min in respiratory ease

#### 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.
### MARATHON TRAINING PROGRAM

#### OBJECTIVE 16 WEEKS FINISHER

<table>
<thead>
<tr>
<th>WEEK 13</th>
<th>WEEK 14</th>
<th>WEEK 15</th>
<th>WEEK 16</th>
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<tbody>
<tr>
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<tr>
<td>1h00 in respiratory ease</td>
<td>1h00 in respiratory ease</td>
<td>45min in respiratory ease</td>
<td>45min in respiratory ease</td>
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<tr>
<td>30min warm-up + 3x8min at medium intensity</td>
<td>30min warm-up + 3x10min at medium intensity</td>
<td>30min warm-up + 5x20sec at fast</td>
<td>30min in respiratory ease + 5x20sec in progressive acceleration</td>
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<tr>
<td>3min recovery slow jog</td>
<td>3min recovery slow jog</td>
<td>1min recovery slow jog</td>
<td>Recovery: walk back to the starting point</td>
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<tr>
<td>Calm the pace 10min</td>
<td>Calm the pace 10min</td>
<td>Calm the pace 10min</td>
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<td><strong>LONG OUTING</strong></td>
<td><strong>COMPETITION</strong></td>
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<tr>
<td>2h30min in respiratory ease</td>
<td>2h00min in respiratory ease</td>
<td>1h15min in respiratory ease</td>
<td>MARATHON OBJECTIVE FINISHER</td>
</tr>
</tbody>
</table>

#### COACH’S ADVICE

**WEEK 13**

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.

**WEEK 14**

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.

**WEEK 15**

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!

**WEEK 16**

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!

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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.