## WEEK 01

Session 01
fractioned

## Warming up

$+5 \times 1500 \mathrm{~m}$ in 6 min 36
2 min recovery jog
Calm pace 15 min at pace 1

## Session 02 JOGGING

1 h endurance at pace 1 or 2
10 min abdominals/sheathing
10 mn stretches

## Session 03 HILL

Warming up
$+15 \times 20$ sec on slope
Recovery downhill jog lon a moderate slope

- Run fast and relaxed without sprinting)
Calm pace 15 min at pace 1


## Session 04 REST/JOG

Rest or 1 h 10 endurance at pace 1 or 2
10 min abdominals/sheathing

## Session 05 LONG OUTING

30 min endurance at pace $2+$
$4 \times 10 \mathrm{~min}$ at a speed of 4 min 58
per km
3 min recovery between each Calm pace 11 min at pace 1 TOTAL 1H30

## WEEK 02

## Session 01 <br> fractioned

Warming up
+3000 m in $14 \mathrm{~min} 54 / 2000 \mathrm{~m}$ in $9 \mathrm{~min} 22 / 2000 \mathrm{~m}$ in 8 min 48 / 1000m in 4 min 10
Calm pace 15 min at pace 1

## Session 02 JOGGING

1h endurance at pace 1 or 2
10 min abdominals/sheathing 10 mn stretches

## Session 03 HILL

Warming up
+2 series of $6 \times 30 \mathrm{sec}$ on a
moderate slope
Recovery downhill jog and 3min between each serie
Calm pace 15 min at pace 1

## Session 04 REST/JOG

Rest or 1h10 endurance at pace 1 or 2
10 min abdominals/sheathing

Session 05 LONG OUTING
1h45 at gradually to pace 2

## WEEK 03

## Session 01

fractione
Warming up
$+8 \times 1000 \mathrm{~m}$, between 4 min 24 and 4 min 10
1 min 30 recovery jog between each Calm pace 15 min at pace 1

## Session 02 Jogeling

1 h 15 endurance at pace 1 or 2 10 min abdominals/sheathing 10 mn stretches

## Session 03 H

Warming up
$+10 \times 40$ sec on a moderate slope
Recovery downhill jog
Calm pace 15 min at pace 1

## Session 04 REST/JOG

Rest or 1h15 endurance at pace 1 or 2
10 min abdominals/sheathing

## Session 05 LONG OUTING

40 min endurance at pace 2
$4 \times 15 \mathrm{~min}$ at a speed of 4 min 58 per km
3min recovery between each
Calm pace 11 min at pace 1
TOTAL 2H00

## WEEK 04

## Session 01 FRACTIONED

Warming up

+ $3 \times 2500 \mathrm{~m}$ in 11 min 35
3 min recovery jog
Calm pace 10 min at pace 1


## Session 02 JOGGING <br> 1h15 endurance at pace 1 or 2 10 min abdominals/sheathing 10 mn stretches

Session 03
JOGGING + STRAIGHT LINES

Warming up
+4 series of $30 \mathrm{sec} / 20 \mathrm{sec} / 10 \mathrm{sec}$
on a moderate slope
Recovery downhill jog (on a moderate slope

- Run fast and relaxed without sprinting)
Calm pace 15 min at pace 1

Session 04 LONG OUTING
1h30 at gradually to pace 2

## Session 04

PRE-COMPETITION
30 min at pace 2 including 1 km at half-marathon speed

Session 05 PREPARATORY COMPETITION
$25 m i n$ endurance at pace $2+a$ half marathon in $\mathbf{1 h} 38$
Calm pace 10 min at pace
TOTAL 2H13

## MARATHON TRAINING PROGRAM

## OBJECTIVE 3H30

## WEEK 06

## Session 01

fractioned
1h endurance at pace 1

## Session 02 MARATHON SPEED

1h15 endurance at pace 1 or 2 including 20 min at marathon speed

Session 03 FRACTIONED
Warming up
$+10 \times 800 \mathrm{~m}$ in 3 min 30
1 min30 recovery jog
Calm pace 15 min at pace 1

## Session 04 REST/JOG

Rest or 1 h 15 endurance at pace 1 or 2
10 min abdominals/sheathing

Session 05 Long outing
50 min endurance at pace 2 $3 \times 20 \mathrm{~min}$ at a speed of 4 min 58 per km
3 min recovery between each Calm pace 15 min at pace 1 TOTAL 2H10


## Session 03 FRACtIONED

Warming up
+10 to $12 \times 500 \mathrm{~m}$ in 2 min
1 min15 recovery jog
Calm pace 15 min at pace 1

## Session 04 REST/JOG

Rest or 1 h 15 endurance at pace 1 or 2
10 min abdominals/sheathing

Session 05 SORTIE LONGUE 2h20 at pace 2

## WEEK 08

## Session 01

fractioned
Warming up
$+2 \times 4000 \mathrm{~m}$ in 19 min 52 and
18 min 44
400m recovery jog
Calm pace 15 min at pace 1

## Session 02 Jocging

1 h 15 endurance at pace 1 or 2 10 min abdominals/sheathing 10 mn stretches

Session 03 FRACTIONED
Warming up
Warming up
$+8 \times 600 \mathrm{~m}$ between 2 min 30 and $2 \min 24$
Recovery: 200m jog
between $2 \min 30$ and $2 \min 22$

## Session 04 REST/JOG

Rest or 1h15 endurance at pace 1 or 2
10 min abdominals/sheathing

## Session SORTIE LONGUE

40 min endurance at pace $2+$ between $4 \times 15 \mathrm{~min}$ and 4 min 58 per km
3 min recovery between each
Calm pace 11 min at pace 1
TOTAL 2H00

## WEEK 09 <br> WEEK 10

Session 01

MARATHON JOGGING

30 min at pace 2
+5000m in 24min50

## Session 02 JOGCING <br> 1h endurance at pace 2 10 min abdominals/sheathing 10 mn stretches

## Session 03 <br> fractioned

Warming up

+ $6 \times 500 \mathrm{~m}$ in 2 min 05
1 min10 recovery jog


## Session 04 Jogeting <br> 1h20 endurance at pace 2

Session 01 | MARATHON |
| :--- |
| JOGGING | JOGGING

20 min at pace 2

+ 2000m in 9 min56

$$
\begin{aligned}
& \text { Session } 02 \text { JOGGING } \\
& \text { Between } 30 \text { to } 40 \mathrm{~min} \text { at pace } 1 \\
& \text { or } 2 \\
& 10 \mathrm{mn} \text { stretches }
\end{aligned}
$$

## Session 03

PRE-COMPETITION
20 min endurance at pace 2
10 mn stretches

## Session 04 COMPETITION

## MARATHON

OBJECTIVE 3H30

## 6

## COACH'S ADVICE

Take advantage of some long outings to test the supplies and clothing you will use on race day. And do some jogging sessions on an empty stomach for your body to get use to working with reduced carbohydrate reserves. However, be careful to run at low intensity and avoid exceeding 1 hour of running time.

