## PLAN ENTRAINEMENT MARATHON

## OBJECTIF 4HOO

AN A.S.O. EXPERIENCE
WEEK 01
Session 01 FRACTIONED
Warming up
$+4 \times 1500 \mathrm{~m}$ between 8 min and 7 min 30
2 min recovery jog
Calm pace 15 min at pace

## Session 02 Jogeng

1h endurance at pace 1 or 2
10 min abdominals/sheathing
10 mn stretches
Session 03 HILL
Warming up
$+15 \times 20 \mathrm{sec}$ on slope
Recovery downhill jog lon a
moderate slope

- Run fast and relaxed without
- sprinting)
Calm pace 15 min at pace 1
Session 04 LONG OUTING


## WEEK 02

Session 01
FRACTIONED

Warming up
+3000 m in $17 \mathrm{~min} / 2000 \mathrm{~m}$ in 10 min 42 / 2000m in 10min04
Calm pace 15 min at pace 1

## Session 02 Jogelng

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 moderate slope
Recovery downhill jog and 3min between each serie
Calm pace 15 min at pace 1

## Session 04 Long outing

1h45 at gradually to pace 2

## WEEK 03

Session 01 FRACTIONED
Warming up

+ 7x1000m, between 5 min 21 and 5 min
1 min 30 recovery jog between each
Calm pace 15 min at pace 1


## Session 02 JOGGING

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

## Session 03 <br> HILL

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

## Session 04 LONG OUTING

40 min endurance at pace 2 $4 \times 15 \mathrm{~min}$ at a speed of 5 min 41 per km
3 min recovery between each Calm pace 11 min at pace 1
TOTAL 2HOO

## WEEK 04 <br> WEEK 05

## Session 01

fractioned
Warming up
$+3 \times 2000 \mathrm{~m}$ in 10 min 42
3 min recovery jog
Calm pace 15 min at pace 1

## Session 02 Joceling

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

Session 03 HILL

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

- Roderate slope fast and relaxed without - Run fast

Calm pace 15 min at pace 1

## Session 04 LONG OUTING

1h30 at gradually to pace 2
Session 01 FRACTIONED

Warming up
+5000 m in 28 min 25 ( 2 min
recovery jog / 2000m in
10 min 40 (2min recovery jog) /
1000 m in 5 min
Calm pace 15 min at pace 1

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

Session 03 PRE-COMPETITION
30 min at pace 2 including 1 km at half-marathon speed

Session 04
PREPARATORY COMPETITION

20 min endurance at pace $2+$ a half marathon in 1h53
Calm pace 15 min at pace 1
TOTAL 2H15

## MARATHON TRAINING PROGRAM

 OBJECTIVE 4HOOAN A.S.O. EXPERIENCE

WEEK 06
Session 01 JOGGING
1h endurance at pace 1

Session 02 MARATHON SPEED

1 h 15 endurance at pace 1 or 2 including 20 min at marathon speed

Session 03
FRACTIONED
Warming up
$+8 \times 800 \mathrm{~m}$ in 4 min
2 min recovery jog
Calm pace 15 min at pace

## Session 04 LONG OUTING

50 min endurance at pace 2 $3 \times 20 \mathrm{~min}$ at a speed of 5 min 41 per km
3min recovery between each Calm pace 15 min at pace 1
TOTAL 2H10



## FRACTIONED

## Warming up

$+6 \times 500 \mathrm{~m}$ in 2 min 22
1 min 10 recovery jog

## Session 04 JOGGING

1h20 endurance at pace 2

## WEEK 10

## Session 01 <br> FOOTING MARATHON

20 min at pace 2
+2000 m in 11 min22
Calm pace 15 min at pace 1

## Session 02 Jocging

Between 30 to 40 min at pace 1 or 2
10 mn stretches
Session 03 PRE-COMPETITION
20min endurance at pace 2
10 mn stretches

## Session 04 COMPETITION

MARATHON
OBJECTIVE 4HOO

## 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.

