WEEK 01
Session 01
FRACTIONED
Warming up
$+4 \times 1500 \mathrm{~m}$ between 8 min 15 and 7 min
2 min recovery jog
Calm pace 15 min at pace 1

## Session 02 REST/JOG

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

## Session 03

 HILLWarming up
$+15 \times 20 \mathrm{sec}$ on slope
Recovery downhill jog lon a moderate slope
moderate slope - Run fast and relat without

- sprinting)

Calm pace 15 min at pace 1

## Session 04 LONG OUTING

1h30min endurance at pace 2 including 40 min at a speed of 6 min per km

## WEEK 02 <br> Session 01 FRACTIONED <br> Warming up +3000 m in $17 \mathrm{~min} 30 / 2000 \mathrm{~m}$ in 10 min 42 / 2000 m in 10 min 06

Calm pace 15 min at pace 1

## Session 02 REST/JOG

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

## Session 03 <br> 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 LoNg OUTING
1 h 45 min endurance at pace 2 including 50 min at a speed of 6 min per km

## WEEK 03

## Session 01

fractioned
Warming up

+ 7x1000m, between 5 min 30 and $5 \min 10$
1 min30 recovery jog between each
Calm pace 15 min at pace 1


## Session 02 REPOS/F00TING

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

## Session 03

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

Session 04 LONG OUTING
2 hOO endurance at pace 2 including 60 min at a speed of 6 min per km

## WEEK 04

## Session 01 <br> FRACTIONED

Warming up
$+3 \times 2000 \mathrm{~m}$ in 11 min 22
3 min recovery jog
Calm pace 10 min at pace 1

## Session 02 <br> HILL

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

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


## Session 03 REST/JOG

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

Session 04
LONG OUTING
1h45min endurance at pace 2 including 50 min at a speed of 6 min per km

## WEEK 05

Session 01 FRACTIONED

Warming up
+5000m in $29 \mathrm{~min} 30(2 \mathrm{~min}$
recovery jog / 2000 m in
11 min06 ( 2 min recovery jog) /
1000 m in 5 min 10
Calm pace 15 min at pace 1

## Session 02 JOGGING

1 h 15 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

15 min endurance at pace 2 + a half marathon in 2h00
Calm pace 5 mn at pace 1
TOTAL 2 H2O

## WEEK 06

Session 01 REST/JOG
Rest or 1 h endurance at pace 1

## Session 02 MARATHON

 SPEED1h15 endurance at pace 1 or 2 including 20 min at marathon speed

Session 03 FRACTIONED
Warming up
$+8 \times 800 \mathrm{~m}$ en 4 min 15
2 min recovery jog
Calm pace 15 min at pace 1
Session 04 LoNg outing
2h10 endurance at pace 2 including 60 min at a speed of 6 min per km


## WEEK 08

Session 01 FRACTIONED
Warming up
$+2 \times 4000 \mathrm{~m}$ en 22 min
400 m recovery jog
Calm pace 15 min at pace 1

## Session 02 REST/JOG

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

Session 03 FRACTIONED
Warming up
$+8 \times 600 \mathrm{~m}$ de 2 min 57
200 m recovery jog

## Session 04 LONG outing

2 h00 endurance at pace 2 including 60 min at a speed of 6min per km


## Session 03 JOGGING

1h20 endurance at pace 2

## WEEK 10

## Session 01 <br> MARATHON JOGGING

20 min at pace 2
+2000m in 12min
Calm pace 10 min at pace 1

## Session 02 Jocging <br> 30 à 40 min à l'allure 1 ou 2 10 mn stretches

## Session 03 <br> PRE-COMPETITION

20 min endurance at pace 2
10 mn stretches

## Session 04 competition

MARATHON
OBJECTIVE 4H15

## $f 6$

## 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.

