## WEEK 01

Session 01 FRACTIONED
Warming up
$+4 \times 1500 \mathrm{~m}$ between 8 min 15 and 7 min 50
2 min recovery jog
Calm pace 15 min at pace

## Session 02 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 03 LONG OUting
1H30 ENDURANCE AT PACE 2

## WEEK 02 <br> Session 01 FRACTIONED <br> Warming up <br> +3000 m in $18 \mathrm{~min} / 2000 \mathrm{~m}$ in 10 min 42 / 2000 m in 10 min 42

Calm pace 15 min at pace 1

## Session 02 HILL

## Warming up

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

Session 03 LONG OUTING
1h45 endurance at pace 2

## WEEK 03

Session 01 FRACTIONED
Warming up

+ 7x1000m between 5 min45 and 5 min 25
1 min45 recovery jog between each
Calm pace 15 min at pace 1


## Session 02 HILL

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

Session 03 Long outing
2h00 endurance at pace 2

## WEEK 04

## Session 01 <br> FRACTIONED

Warming up

+ $3 \times 2000 \mathrm{~m}$ in 12 min
3 min recovery jog
Calm pace 10 min at pace 1


## Session 02 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

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

Session 03 LONG OUTING
1h45 endurance at pace 2

## WEEK 05

Session 01 FRACTIONED

Warming up
+5000 m in $30 \mathrm{~min}(2 \mathrm{~min}$
recovery jog) / 2000m in
11 min 40 (2min recovery jog) / 1000 m in 5 min 25
Calm pace 15 min at pace 1

## Session 02 <br> PRE-COMPETHTION

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

Session 03
PREPARATORY COMPETITION

12 min warming up

+ half-marathon in 2 h08
TOTAL 2H2O


## MARATHON TRAINING PROGRAM <br> OBJECTIVE 4H30

## WEEK 06

Session 01 MARATHON SPEED

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

## Session 02 FRACTIONED

Warming up
$+7 x 800 \mathrm{~m}$ in 4 min 30
2 min recovery jog
Calm pace 15 min at pace 1

Session 03 LONG OUTING

2h10 endurance at pace 2

| WEEK 07 |
| :---: |
| Session 01 FRACTIONED |
| Warming up $+2 \times 3000 \mathrm{~m}$ in 18 min and 17 min 30 <br> 400m recovery jog <br> Calm pace 15 min at pace 1 |
| Session 02 FRACTIONED |
| Warming up $+8 \times 500 \mathrm{~m}$ in 2 min 25 <br> 1 min 15 recovery jog Calm pace 15 min at pace 1 |
| Session 03 LONG OUTING |
| 2h20 endurance at pace 2 |

## 6 <br> 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.

## WEEK 10

## Session 01 <br> MARATHON JOGGING

20 min at pace 2

+ 2000m in 12min20
Calm pace 10 min at pace 1


## Session 02 Pra-COMPETITION

20 min endurance at pace 2
10 mn stretches
Session 03 competition
MARATHON
OBJECTIVE 4H30

